Dear Fellow Resident:

I am pleased to share with you the 2019 Fall/Winter City Guide. We strive to provide our residents with programming and events that enhance their lifestyles and bring us together as a community. We begin the fall season with a new initiative: One Book, One White Plains – a Community Read - will take place over September and October. It is an opportunity for White Plains residents of all backgrounds to come together and share Celeste Ng’s moving novel, Everything I Never Told You. Look for more information about One Book, One White Plains on the City’s website: www.cityofwhiteplains.com.

We then move into the fall and winter months with an exciting schedule of events for you. To name just a few:

* JazzFest. September 11 – 15. A 5-day festival of jazz music in venues throughout the downtown, culminating on the 15th with the White Plains Jazz & Food Festival on Mamaroneck Ave.

* Black Panther. September 21. This year’s free outdoor movie on Court Street.

* Frightfully Fun Halloween Festival & Parade. October 27. Our annual family-friendly Halloween event on Court Street.

* WinterFest. December 18 – 23. Annual holiday shopping experience on Court Street with artisan vendors. A great place to pick up unique holiday gifts for those on your list.

White Plains truly offers something for everyone: special events, programming for residents of all ages and abilities, cultural programs, community recreation, beautiful parks and green spaces. Yet, our greatest attribute is the community we have built. The tremendous support that we receive from our residents and business community is what enables us to offer so much. Thank you.

Best regards,

Thomas M. Roach, Mayor

Office of the Mayor
City of White Plains, Office of the Mayor
255 Main Street, White Plains NY 10601

whiteplains@cityofwhiteplains.com
www.cityofwhiteplains.com
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**Recreation & Parks Office Hours:**
- Mon - Fri 8:30am - 5:15pm
- Sat 9am - noon
- Information: 422-1336
- Cancellations: 422-1302

*Recreation Office Closed on the Following Saturdays*
- November 30, December 28,
- January 18, February 15

[www.cityofwhiteplains.com](http://www.cityofwhiteplains.com)
The mission of the City of White Plains Recreation and Parks Department is to enhance the quality of life by providing recreational opportunities through safe, well-organized and affordable programs and facilities; and to maintain a comprehensive network of parks, trails and open spaces that promotes the mental, physical and social well-being of our residents.

Refund Policy
Refunds are issued only for the following reasons: A full refund will be issued for any program cancelled by Recreation & Parks. A refund request because of illness or accident must be submitted in writing and accompanied by a doctor’s note. Refunds will be prorated based on the date received, with a 10% service charge.

Cancellation Policy
In case of inclement weather, cancellations will be announced on the Recreation & Parks Hotline at 422-1302, and on radio station WHUD FM (100.7). All efforts will be made to reschedule classes canceled due to weather conditions or scheduling conflicts. However there is no refund or pro-rated fee due to missed classes.

White Plains Recreation & Parks Alerts
The City Of White Plains is encouraging residents to sign up for Recreation & Parks Dept. alerts (“Rec Alerts”) in order to receive information and updates about Rec & Parks Dept. programs and activities, including weather related schedule changes.

Sign up is quick and easy. Go to this link: https://www.cityofwhiteplains.com/recalerts then click “Notify Me” in the right hand column. Type in your email address and then go to the Alert Center category “look for the red dot” and click on the method by which you would like to receive alerts (email, text message or both). And that’s all! Stay in the know with Rec Alerts
Online Registration for All Programs!

STEP 1
Go to https://register.capturepoint.com/WhitePlainsCityof

STEP 2
From the City of White Plains CommunityPass login homepage click on the “Create an Account” tab. On the next page complete the “Account Creation” fields and click on Create at the bottom of the page. The next page will display a Privacy Policy, which you will need to Accept and then click on Finish. FIND OUT INFORMATION ABOUT EXISTING ACCOUNTS.

STEP 3
On the City of White Plains CommunityPass homepage click on the “Register Now” tab to begin selecting programs.

STEP 4
Select those family members that you are registering and click “Continue.” If the family member that you want to register is not on the list, call our office for assistance (914) 422-1336. Family members are those individuals residing in your household.

STEP 5
On the “Profile Verification” page, enter the requested information for each individual you are registering. When finished, click on the “Continue” button.

STEP 6
On the next page, select the appropriate program(s) for each family member. When finished, click “Continue.” Scholarship requests and Special Needs Participants who are in need of accommodations must register in person.

STEP 7
Please follow the remaining steps to complete and pay for your registration. CommunityPass will calculate your final cost on the Confirmation page. Payment can be made with Visa, MasterCard or American Express.

All registration fees are payable at the time of registration. Class sizes are limited, so register early! Payment can be made by cash, check or credit card (MasterCard, Visa, or American Express). Please make checks payable to “The City of White Plains”. Financial assistance may be available to qualified applicants. Federal Income Tax Form 1040 tax year 2019 or proof of SSI or SSD.

No Scholarships available for nonresidents.

Mail-In, Walk-In or visit https://register.capturepoint.com/WhitePlainsCityof

Nonresidents may register for most programs in our office. Limited enrollment
COMO INSCRIBIRSE

Registracion para todo los programas que comienzan el 1 de Septiembre excepto todos los programas de futbol de outano.


Por correo, en persona, o visitar www.whiteplainsregistration.com

La inscripción para los programas se llevará a cabo en la oficina administrativa de parques y recreo en 85 Gedney Way, Lunes a Viernes, 8:30am - 5:15pm y Sábados, 9am - mediodía. Una tarifa de $20 se cobrará por todos los cheques devueltos.

Los Pases y Registraciones para los Programas requiere una Prueba de Residencia.


Nota: El Departamento de Parques y Recreo se reserva el derecho de cancelar un programa o ajustar la tarifa antes de la fecha en que comienza el programaw

www.cityofwhiteplains.com
**Arts & Crafts “Sticky Fingers” (New day)**

Children have a great time with arts and crafts activities using a variety of art mediums. A smock or oversized t-shirt is necessary.

- **Age Group**: 3 years with caregiver or 4 - 5 years, children only
- **Day/Time**: Friday, 8 Sessions
- **Course #**: 3 Years, with Caregiver - 12:45-1:30pm
- **4-5 Years, Children Only - 1:45-2:30pm**
- **Location**: Gillie Recreation Room
- **Registration**: On going
- **Fee**: $100

**Dramabee**

Dramabee is bringing Broadway musicals to Pre-School aged children. Our Dramabee performers will spend 10 weeks having fun learning a classic Broadway musical and will put on a show with costumes at the end for family and friends.

- **Age Group**: 3-5 Years
- **Day/Time**: Saturdays, 9:30 - 10:15 am
  - Begins September 14 (10 weeks) Broadway Show “Seussical”
  - Begins December 7 (10 weeks) Broadway Show “Willy Wonka”
- **Location**: Gillie Recreation Room
- **Registration**: Recreation office or www.dramabee.com
- **Fee**: $260

**Little Playmates**

Children will enjoy a variety of activities that promote socialization, eye-hand coordination, language, and speech development. Activities include storytelling, singalongs, arts & crafts, movement and play. Caregiver must participate in all activities with child.

- **Age Group**: 18 Months - 2 Years, with caregiver
- **Day/Time**: Tuesday or Friday, 9:30-10:30am, 8 Sessions
- **Course #**: P1 Tuesday, October 8
  - P2 Begins Friday, October 11
  - P3 Begins Tuesday, January 14
  - P4 Begins Friday, January 17
- **Location**: Gillie Recreation Room
- **Registration**: Ongoing
- **Fee**: $100

**Multi-Sports Parent & Me Squirts**

With a parent participating at their side, kids will learn and play a variety of sports throughout the program including lacrosse, soccer, t-ball, and track & field.

- **Age Group**: 2 - 3 years with caregiver
- **Day/Time**: Wednesday, 9:30 - 10:15 am
  - Begins September 18, 6 sessions
- **Location**: Delfino Park
- **Registration**: Recreation Office or at www.ussportsinstitute.com
- **Fee**: $99 Check payable to USA Sport Group

**Multi-Sports Squirts**

Children will have the opportunity to try a variety of different sports including lacrosse, soccer, t-ball, and track & field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly fun, fun, fun!

- **Age Group**: 3 - 5 years
- **Day/Time**: Tuesday, 2:30 - 3:15 pm, 6 sessions
  - Begins September 17
- **Location**: Delfino Park
- **Registration**: Recreation Office or at www.ussportsinstitute.com
- **Fee**: $99 Check payable to USA Sport Group
Pre-Ballet
Welcome to a playful introduction to the world of ballet, music and creative movement. Children learn about rhythm, balance and stretching, as well as classic ballet names, forms and sequences. Students can wear a leotard with tights or form fitting clothes. Ballet shoes are required. A dance recital will be held in the spring 2020 for classes starting in January. Dress rehearsal and recital dates to be announced.

Age Group 4-6 Years, children only
Day/Time Thursday, 4:30-5:15pm, 5:30-6:15pm
Begins September 19, 12 sessions
Course # BC 4:30–5:15pm
BD 5:30–6:15pm
Begins January 16, 12 sessions
BE 4:30–5:15pm
BF 5:30–6:15pm
Location Gillie Recreation Room
Registration Ongoing
Fee $145-12 Sessions

Soccer Squirts
Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting, & boundaries.

Age Group 3 - 5 years, children only
Day/Time Wednesday, 10:30 - 11:15 am (6 sessions)
Wednesday, 11:30 - 12:15 pm (6 sessions)
Begins September 18
Location Delfino Park
Registration Recreation Office or at www.ussportsinstitute.com
Fee $99 Check payable to USA Sport Group

Smart Start Sports
This program creates a solid foundation for sports activities by promoting safe and meaningful sports for children. Parents/ caregivers must attend and participate in this program with their children.

Age Group 2-4 Years with caregiver
Day/Time Saturday, Begins January 18, 6 sessions
Course # SY 9-9:45am
SZ 10-10:45am
Location Mamaroneck Ave School Gym
Registration Ongoing
Fee $75

Storytime Ballet
This class teaches the fundamentals of basic ballet while engaging your child’s imagination with the magic of children’s stories. Students can wear a leotard with tights or form fitting clothes. Ballet shoes are required. A dance recital will be held in the Spring 2020 for classes starting in January. Dress rehearsal and recital dates to be announced.

Age Group 2-4 Years, with caregiver
Day/Time Tuesday, 4:30-5:15pm
Course # B1 Begins September 17, 12 Sessions
B2 Begins January 14, 12 Sessions
Location Gillie Recreation Room
Registration Ongoing
Fee $145-12 Sessions

T-Ball Squirts
Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session, participants will apply these skills to a scrimmage.

Age Group 3-5 years
Day/Time Tuesday, Begins September 17, 6 Sessions
3:30-4:15pm or 4:30 - 5:15pm
Wednesday, Begins September 18, 6 sessions
10:30 - 11:15 am or 11:30 - 12:15 pm
Location Delfino Park
Registration Recreation Office or at www.ussportsinstitute.com
Fee $99 Check payable to USA Sport Group

Pre Kickers Instructional Program
Kick your way through the fall by joining our Little Kickers Instructional soccer program. Our programs introduce beginners and experienced players to the fundamentals of Soccer and skill development. Participants will partake in drills, fun games, and non-competitive mini scrimmages.

Age Group Pre-Kindergarten
Day/Time Saturdays, Begins September 14, 6 Sessions
Course # P1 9am - 10am
P2 12:45pm - 1:45pm
Location George Washington Elementary School, Field #1
Registration Ongoing (SPACE IS LIMITED)
Fee $80

Soccer-Parent & Me Squirts
With a parent/caregiver by their side, this program will stimulate a child’s imagination, develop motor skills and encourage social interaction. Children will learn dribbling, shooting and passing.

Age Group 2-3 Years with Caregiver
Day/Time Tuesday, 9:30 - 10:15 am, 6 sessions
Begins September 18
Location Delfino Park
Registration Recreation Office or at www.ussportsinstitute.com
Fee $99 Check payable to USA Sport Group

"Where to Go, What to Do, Way of Life!"
Ballet & Jazz
Designed for children who want to explore a blend of ballet and jazz movements, rhythms and combinations. Ballet shoes are required. A dance recital will be held in the Spring 2020 for classes starting in January. Dress rehearsal and recital dates to be announced.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grades 1-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Tuesday, 5:30-6:30pm</td>
</tr>
<tr>
<td>Course #</td>
<td>D1 September 17, 12 Sessions</td>
</tr>
<tr>
<td></td>
<td>D2 January 14, 12 Sessions</td>
</tr>
<tr>
<td>Location</td>
<td>Gillie Recreation Room</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$145-12 Sessions</td>
</tr>
</tbody>
</table>

Cheerleading
Learn the techniques and team spirit necessary to be a top cheerleader. This cheerleading experience will help develop your dance skills, work on team building and create an environment for new friendships.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grades 1-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Monday, 6:30-7:30pm, 8 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>C1 Begins October 7</td>
</tr>
<tr>
<td></td>
<td>C2 Begins January 27</td>
</tr>
<tr>
<td>Location</td>
<td>Ridgeway School Gym</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$90</td>
</tr>
</tbody>
</table>

Halloween Window Painting
White Plains Scout Troops are invited to paint the town. We also welcome store owners to contribute their windows for decorating.

If you are interested in participating in this program, scout troops must register by September 16. Call 422-1331 to register.

Funk Dance for Kids
Groove to the beats of R & B and funk while developing a fusion of jazz and hip-hop techniques. This high-energy class will help you explore funk movements that will strengthen balance, improve posture and increase flexibility. Learn basic turns and jumps, gain a sense of style and most importantly, have fun!!! A dance recital will be held in the Spring of 2020 for classes starting in January only. Dress rehearsal and recital dates to be announced.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grade 1 - 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Wednesdays, 4:30 - 5:30 pm, 12 sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>FK Begins September 18</td>
</tr>
<tr>
<td></td>
<td>FN Begins January 15</td>
</tr>
<tr>
<td>Location</td>
<td>Gillie Recreation Room</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$145</td>
</tr>
</tbody>
</table>

Hip-Hop
Children will have a great time learning how to move to different rhythms and beats while adding their own spice and attitude. Class will focus on upper and lower body coordination. Students should wear comfortable clothing. A dance recital will be held in the Spring 2019 for classes starting in January only. Dress rehearsal and recital dates to be announced.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grade 1 - 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Mondays</td>
</tr>
<tr>
<td>Course #</td>
<td>HA 4:30-5:30pm</td>
</tr>
<tr>
<td></td>
<td>HB 5:45 - 6:45pm</td>
</tr>
<tr>
<td></td>
<td>HC 4:30-5:30pm</td>
</tr>
<tr>
<td></td>
<td>HD 5:45 - 6:45pm</td>
</tr>
<tr>
<td>Location</td>
<td>Gillie Recreation Room</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$133 - 11 sessions, $145-12 Sessions</td>
</tr>
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</table>

My Art Treasure/Creative Explorations
Children will be able to have fun while exploring their artistic abilities. They will enjoy and experience different art mediums (painting, drawing, tie dyeing, clay sculpting and more), build on previous knowledge and learn new art skills. They will also learn about some popular artists and search for the artist within! Children should wear a smock or oversized shirt.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grades 1 – 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Wednesday 4:30–5:30pm, 8 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>AF Begins October 23</td>
</tr>
<tr>
<td></td>
<td>AW Begins January 15</td>
</tr>
<tr>
<td>Location</td>
<td>Community Center, 65 Mitchell Place</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing,</td>
</tr>
<tr>
<td>Fee</td>
<td>$90 (Supplies Included)</td>
</tr>
</tbody>
</table>

Nature Walk
Learn all about the natural wonders in our own local park. This 1 hour hike will follow the Jack Harrington Greenway trail and will be led by a naturalist from the Westmoreland Sanctuary.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Families</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, October 12, 2:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>Jack Harrington Greenway</td>
</tr>
<tr>
<td>Registration</td>
<td>On-going at Recreation Office</td>
</tr>
<tr>
<td>Fee</td>
<td>Free, Call 422-1336 for reservation</td>
</tr>
</tbody>
</table>

Santa’s Mailbox
Write your special letter to Santa, place it in an envelope addressed to SANTA, NORTH POLE, and drop it in the Special Santa Mailbox on the steps of City Hall. Remember to include your return address so Santa can send you a personalized reply! No stamp needed.

| Day/Time   | November 27 to December 16 |


**StoryWalk**

An exciting initiative that combines a children’s story with a nature walk through our newest park. Children follow each page of the story as they walk the path. StoryWalk™ helps build children’s interest in reading while encouraging healthy outdoor activity for both adults and children. The stories will change every 6-8 weeks.

**Age Group**  Families
**Day/Time**  During normal park hours
**Location**  Bryant – Mamaroneck Park, municipal parking available at the Mamaroneck Ave. Lot, 540 Mamaroneck Ave. (behind Dunkin Donuts)
**When**  Now – October 31, during normal park hours
**Fee**  Free
**Note**  The path in the park is natural and thus could prove to be challenging for some. Please exercise caution whilst walking on the path.

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**Taiko Drumming**

Learn the technique and skill of traditional Taiko Masala drumming. Students will get an introduction to this exciting, energetic and unique drumming experience. Drums will be provided. Students will perform at the White Plains Tree Lighting, December 1.

**Age Group**  Grade 1-Adult
**Day/Time**  Sunday, 10-1pm
**Location**  Gillie Community Room, Gedney Way
**Registration**  Ongoing Call 422-1339 for start date
**Fee**  $85 Resident, $100 Non-Resident

**White Plains Recreation & Parks Camp Fair**

Excitement, fun and friends await your child at summer camp in White Plains. Our camp fair gives you the opportunity to ask questions and get more information about our varied camp options. Meet the Camp Directors. Registration available on-site with current immunization records from medical office. Early bird rates with deposit. Scholarship request must bring 2019 Federal tax returns for consideration. Camp registration for children who have individual education plans or a school 504 must bring them for registration consideration.

**Age Group**  Open to All
**Day/Time**  Saturday, February 29, 10am – 1pm.
**Location**  White Plains High School Cafeteria 550 North Street (Use entrance off North Street)
**Fee**  Free

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**Young Rembrandts Cartooning (New)**

Rejuvenate your child’s spark and creativity with a Young Rembrandts Cartooning class! Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts innovative, step-by-step drawing method, with light-hearted subject matter that engages children, their sense of humor, and vivid imaginations.

**Age Group**  Ages 6 - 12
**Day/Time**  Saturdays, 10:45 - 11:45 pm, 7 sessions
Begins October 5
Begins January 25
**Location**  Gillie Recreation Room
**Registration**  Online @ www.youngrembrandts.com/ westchester-putnam-ny
**Fee**  $135

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**Zumba Kids**

Children will have a chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba choreography. Great exercise and lots of fun! For more information contact Lisa at zumbabylisa@optonline.net

**Age Group**  Grades K - 4
**Day/Time**  Wednesday, 5:45 - 6:30 pm, 6 sessions
Begins October 16
Begins January 15
**Location**  Gillie Recreation Room
**Registration**  Recreation office or e-mail Lisa at zumbabylisa@optonline.net
**Fee**  $80 Checks payable to Lisa Bonelli
BASKETBALL PROGRAM

Come to the gym and score your way through the Winter! We offer various basketball programs for children, where young athletes learn about the game, begin skill work and understand the meaning of teamwork and play games. Dribble your way in and join our coaches and staff get ready for tip-off!

Basketball Instruction

Our Basketball Instruction program introduces players to the basic fundamentals of basketball. Children practice dribbling, shooting, passing, and defense. No Experience necessary. Sessions are limited. You may register for both sessions at the same time.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>K-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturdays</td>
</tr>
<tr>
<td>Session 1</td>
<td>FALL, Begins November 9, 6 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>Grade K 9-10am</td>
</tr>
<tr>
<td></td>
<td>Grade K 10:10-11:10am</td>
</tr>
<tr>
<td></td>
<td>Grade 1 11:20-12:20pm</td>
</tr>
<tr>
<td></td>
<td>Grade 2 12:30-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Grades 1 &amp; 2 1:40-2:40pm</td>
</tr>
<tr>
<td>Location</td>
<td>Church Street School, Gymnasium</td>
</tr>
<tr>
<td>Fee</td>
<td>$80</td>
</tr>
</tbody>
</table>

Session II

| Course #  | WINTER, Begins January 18, 6 Sessions |
|           | Grade K 9-10am |
|           | Grade K 10:10-11:10am |
|           | Grade 1 11:20-12:20pm |
|           | Grade 2 12:30-1:30pm |
|           | Grades 1 & 2 1:40-2:40pm |
| Location  | Church Street School, Gymnasium |
| Registration | Ongoing |
| Fee       | $80 |

Basketball Travel Team Program

Our Travel Basketball Program is competitive! Teams practice 2X a week and compete in league play against teams from Westchester, NYC, and throughout the Tri-State area. Teams are composed of City of White Plains residents only. More information contact Darren Valdes, (914) 422-1347 or Dvaldes@Whiteplainsny.gov.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Boys &amp; Girls, Grades 5-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Varies, October–March</td>
</tr>
<tr>
<td>Location</td>
<td>Varies</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$300 Due upon Selection to Team.</td>
</tr>
</tbody>
</table>

TRY OUTS are free

<table>
<thead>
<tr>
<th>Grade</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Sept 24 &amp; 26</td>
<td>6:00-7:30pm</td>
</tr>
<tr>
<td>6</td>
<td>Sept 24 &amp; 26</td>
<td>7:30-9:00pm</td>
</tr>
<tr>
<td>7</td>
<td>Sept 25 &amp; 27</td>
<td>6:00-7:30pm</td>
</tr>
<tr>
<td>8</td>
<td>Sept 25 &amp; 27</td>
<td>7:30-9:00pm</td>
</tr>
</tbody>
</table>

Boys

<table>
<thead>
<tr>
<th>Grade</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Oct 2 &amp; 4</td>
<td>6:00-7:30pm</td>
</tr>
<tr>
<td>6</td>
<td>Oct 2 &amp; 4</td>
<td>7:30-9:00pm</td>
</tr>
<tr>
<td>7</td>
<td>Oct 7 &amp; 10</td>
<td>6:00-7:30pm</td>
</tr>
<tr>
<td>8</td>
<td>Oct 7 &amp; 10</td>
<td>7:30-9:00pm</td>
</tr>
</tbody>
</table>

Location: Highlands Middle School, North/Upper Gym

Basketball Recreation League

Sponsored by the Jr. Knicks

Games held on Saturdays( except for 9-10th graders). Teams practice on weekdays between the hours of 6-9pm. Basketball sneakers and shorts without pockets are required. The season ends with an exciting March Madness tournament. All players who register by Nov. 22, will be eligible to attend Free Jr. Knick clinic (date tba), receive Jr. Knick Jersey and access to special discounts and giveaways. VOLUNTEER COACHES ARE NEEDED. Draft /Coaches Meeting will be held on Sat. Dec. 7, 9am. Practices start the week of December 9. League Play begins January 11.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grades 3-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Tuesday, December 3, 6pm - Girls grades 3-8</td>
</tr>
<tr>
<td></td>
<td>Wednesday, December 4, 6pm - Boys grades 3-10</td>
</tr>
<tr>
<td>Boys</td>
<td>Girls</td>
</tr>
<tr>
<td>Course #</td>
<td>Gr. 3-4</td>
</tr>
<tr>
<td></td>
<td>Gr. 5-6</td>
</tr>
<tr>
<td></td>
<td>Gr. 7-8</td>
</tr>
<tr>
<td></td>
<td>Gr. 9-10</td>
</tr>
<tr>
<td>Registration</td>
<td>DEADLINE: Friday, November 22</td>
</tr>
<tr>
<td>Fee</td>
<td>$85-Residents only</td>
</tr>
</tbody>
</table>

New Player Evaluation

All first time players in our league must attend new player evaluations

| Day/Time | Tuesday Dec. 3, 6-7:30pm Girls Grades 3-8, Wed. Dec. 4, 6-7:30pm – Boys Grades 3-10th |
| Location | Highland Middle School/upper gym |
Rugby Youth Clinic

Basic rugby skills for girls and boys (i.e. ball handling, kicking, rucking, mauling) Culture of the game (respect, teamwork, communication) Structured scrimmages with certified referees.

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Co-ed U14, U12, U10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Sundays 9-11am – Sept 15th to Nov 3rd (Nov. 10 Rain Date)</td>
</tr>
<tr>
<td>Location</td>
<td>Battle Hill Park – White Plains</td>
</tr>
<tr>
<td>Fee</td>
<td>$100 – Register at <a href="http://www.WhitePlainsRugby.com">www.WhitePlainsRugby.com</a></td>
</tr>
<tr>
<td>Equipment</td>
<td>Rugby or Soccer cleats – T-shirts provided</td>
</tr>
</tbody>
</table>

Holiday Basketball Camp - Schooled In Hoops, LLC

Schooled In Hoops basketball teaches boys and girls how to be well rounded, team oriented players. Participants will benefit from small group instruction emphasis on skills and quality game play. Children are grouped according to age and ability.

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Grades 3-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Tues. Feb-18 - Fri. 21, 9am - 2pm</td>
</tr>
<tr>
<td>Location</td>
<td>Highlands Middle School - Gym</td>
</tr>
<tr>
<td>Fee</td>
<td>$225</td>
</tr>
<tr>
<td>Registration</td>
<td>Register on-line at <a href="http://www.schooledinhoops.com">www.schooledinhoops.com</a> or at Rec Dept. by Feb. 14</td>
</tr>
</tbody>
</table>

SOCCER

SOCCER STARTS HERE!

Come out to the field and kick your way through the Fall! We offer various soccer programs for children, where participants will be taught the skills needed to play the game of soccer. Participants will have a great time competing and interacting with and against each other.

PARTICIPANTS MUST WEAR SHIN GUARDS TO EVERY CLASS AND GAME; NO EXPERIENCE NECESSARY AND CLASSES ARE LIMITED. VOLUNTEER COACHES ARE ALWAYS NEEDED FOR ALL SOCCER PROGRAMS

FOR MORE INFORMATION PLEASE CONTACT Matt Quatrano @ 422-1363

LITTLE KICKERS INSTRUCTIONAL PROGRAM

Our programs introduce players to the fundamentals of Soccer and skill development. Participants will partake in drills, fun games, and non-competitive mini scrimmages.

Pre Kickers

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Pre-Kindergarten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, Begins September 14, 6 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>P1 9am - 10am</td>
</tr>
<tr>
<td></td>
<td>P2 12:45pm - 1:45pm</td>
</tr>
<tr>
<td>Location</td>
<td>George Washington Elementary School</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing, (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>$80</td>
</tr>
</tbody>
</table>

Kinder Kickers

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grade K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, Begins September 14, 6 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>K1 10:15am - 11:15am</td>
</tr>
<tr>
<td></td>
<td>K2 2:00pm - 3:00pm</td>
</tr>
<tr>
<td>Location</td>
<td>George Washington Elementary School</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing, (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>$80</td>
</tr>
</tbody>
</table>

First Kickers

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grade 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, Begins September 14, 6 Sessions</td>
</tr>
<tr>
<td>Course #</td>
<td>A 11:30am - 12:30pm</td>
</tr>
<tr>
<td></td>
<td>B 3:15pm - 4:15pm</td>
</tr>
<tr>
<td>Location</td>
<td>George Washington Elementary School</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing, (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>$80</td>
</tr>
</tbody>
</table>

SOCCER LEAGUES

Our Recreation Soccer Leagues offers children in 2nd - 6th grades the opportunity to hone their skills and compete in a semi competitive setting. Leagues are open to all skill levels. VOLUNTEER COACHES ARE ALWAYS NEEDED.

In-House League - Co-ed - 2nd Grade

2nd Grade Co-ed In-House League takes place on Saturdays ONLY. Athletes will practice for an hour and then play in a semi competitive game. Participants will also play under modified rules and on a modified field.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Grades 2, Coed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, Begins September 21, 9am–3pm, 6 Sessions</td>
</tr>
<tr>
<td>Location</td>
<td>George Washington Elementary School, Field #2.</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing (DEADLINE SEPTEMBER 16 &amp; SPACE IS LIMITED)</td>
</tr>
<tr>
<td>Fee</td>
<td>$85</td>
</tr>
</tbody>
</table>
Youth Programs

Recreation League - Boys & Girls - 3rd - 6th Grade
Our Recreation Travel League for boys and girls consists of teams competing against neighboring towns/municipality programs. Teams will practice in the evening during the week in White Plains. Games will be played at various fields according to the league schedule, on Saturdays and on select days during the weekday evenings. All games will be played on a “full field”. Practices begin after 9/13. Games begin on 9/21.

Age Group: Grades 3-6
Day/Time: Saturday, Begins September 15, 9am–3pm,
Location: George Washington Elementary School & various local fields
Registration: Ongoing (DEADLINE SEPTEMBER 7 & SPACE IS LIMITED)
Fee: $85

FREE SOCCER CLINIC HOSTED BY PROFESSIONAL SOCCER CLUB NYCFC
Sign up for a White Plains Recreation Soccer program and you will be registered to participate. Professional Coaching; Giveaways; Discounted Game Tickets.

Age Group: 2nd - 6th Grades
Day/Time: Saturday, September 7th
2nd Grade - 9:30am - 10:30am
3rd - 6th Grades - 11:00am - 12:00pm
Location: Gillie Field, 85 Gedney Way

Sunday Stars Instructional Program
Athletes will be introduced to the game of soccer and the various skills needed to play. Athletes will practice the first half and then be divided into teams to scrimmage.

Age Group: Grades K-6
Day/Time: Sunday, Begins September 16, 6 Sessions
Course #:
08 Grade K – 2  10am
09 Grade 3 – 6  11:45am
Location: Ralph Avenue Field
Registration: Ongoing (Space Limited)
Fee: $80

Friday Beginners Swim class
A safe and supportive environment will be provided for people with little or no previous swimming experience. Treading water, front & back float, front crawl stroke, underwater swimming and water safety skills will be covered. Afterwards, enjoy open swim time and practice the techniques you just learned.

Age Group: Pre K-Adult
Day/Time:
F1 September 27
F2 Begins January 17
Course #:
F1 6:30 - 7:30 pm
F2
Location: White Plains High School Pool
Registration: Ongoing
Fee: $100
Swim Instruction-Beginners (Levels 1 & 2)

Children will be tested on the first day of class and will be divided accordingly. All children must wear goggles.

**Level 1:** Introduction to Water Skills - Students learn to feel comfortable in the water and safely enjoy it.

**Level 2:** Fundamental Aquatic Skills - Students learn basic swimming skills to help them swim more independently.

- **Age Group:** Grades K-8
- **Day/Time:** Tuesday, 6:45-7:30pm, 6 Sessions
- **Course #**
  - T1 Begins October 15
  - T3 Begins January 14
- **Day/Time:** Wednesday, 6:45 - 7:30 pm, 6 sessions
- **Course #**
  - W1 Begins October 16
  - W3 Begins January 15
- **Location:** White Plains High School Pool
- **Fee:** $75

Swim Instruction-Beginners (Level 3)

Children must be comfortable and able to submerge entire body under water. Children must wear goggles.

**Level 3:** Stroke Development - Designed to improve skills learned in level 2. Front crawl, back stroke and basic breast stroke. Arms will be introduced.

- **Age Group:** Grades K-8
- **Day/Time:** Tuesday, 7:45 - 8:30 pm, 6 Sessions
- **Course #**
  - T2 Begins October 15
  - T4 Begins January 14
- **Day/Time:** Saturday, 1 - 1:45pm, 6 sessions
- **Course #**
  - S3 Begins October 5
  - S8 Begins January 18
- **Location:** White Plains High School Pool
- **Fee:** $75

Swim Instruction-Intermediate to Advanced Swimmer (Levels 4 & 5)

Children will be tested on the first day of class and divided accordingly. Participants must be able to swim at least 50 yards in deep water using freestyle, back stroke, and breast stroke. Children must wear goggles.

**Level 4:** Stroke improvement: Children will gain confidence, improve their stroke and gain additional aquatic skills. Breast stroke-kicking and basic butterfly stroke will be introduced.

**Level 5:** Stroke refinement: Children will work on coordinating and refining stroke efficiency, breathing techniques and building endurance.

- **Age Group:** Grades K-8
- **Day/Time:** Monday, 6:45 - 7:30pm, 6 Sessions
- **Course #**
  - M1 Begins October 7
  - M3 Begins January 13
- **Day/Time:** Saturday 2-2:45pm, 6 Sessions
- **Course #**
  - S4 Begins October 5
  - S9 Begins January 18
- **Location:** White Plains High School Pool
- **Fee:** $75

Swim Conditioning & Skill Proficiency (Level 6)

This class is designed to refine strokes so students can learn to swim with ease, efficiency, power and smoothness over greater distances. Students will practice flip turns, diving and block starts. Children must wear goggles. Only advanced swimmers will be allowed in this class. Children registering for this level may not register in a lower level class.

- **Age Group:** Grades 3-8
- **Day/Time:** Saturday 11-11:45am, 6 Sessions
- **Course #**
  - S5 Begins October 5
  - S0 Begins January 18
- **Location:** White Plains High School Pool
- **Registration:** Ongoing
- **Fee:** $95
Quick Start Tennis
What makes tennis fun for children is being able to rally a ball back and forth over the net. In cooperation with the USTA, we offer Quick Start Tennis. Quick Start tennis is a program designed to instruct children at the beginner level in the skills needed to play and most of all enjoy the game of tennis. Utilizing smaller tennis courts, foam and oversized tennis balls, the child will learn the game of tennis. All equipment for this program is provided.

Age Group: Grades 1-6
Day/Time: Thursday, 5-6pm
Course #: 01 Begins September 19, 4 Sessions
Location: Gillie Park
Registration: Ongoing
Fee: $100

Tennis Instruction
This is an instructional program designed for the beginner as well as the more advanced player. The goals include the following areas of fundamentals, proper grip of racquet, development of a forehand and back hand game, as well as learning the etiquette and rules of the game of tennis. Through development of basic tennis skills an individual can develop a lifelong interest in a healthy activity.

Age Group: Grades 4-9
Day/Time: Friday, 5-6pm
Course #: 02 Begins September 20, 4 Sessions
Location: Gillie Park
Registration: Ongoing
Fee: $100

Track & X Country
This program provides the opportunity to learn the basics & fundamentals about running, begin strength training, and aid in health development necessary for a lifetime of enjoyment. Classes meet twice a week, and are limited to 30 participants per class.

Age Group: Boys & Girls Grades 3-8
Day/Time: Monday & Wednesday OR Tuesday & Thursday 5:30-6:30pm
Course #: MW Begins Monday, September 16 8 Sessions
TT Begins Tuesday, September 17 8 Sessions
No sessions: 9/30, 10/1, 10/9, 10/14
Location: Highlands Middle School Parker Stadium Track
Registration: Ongoing (Space is limited to 30 participants per class).
Fee: $64

TGA Golf Enrichment
TGA makes it easy and fun for your child to learn and play golf. Students will experience a mix of golf instructions, rules and etiquette lessons, educational components, character development lessons and physical activity. Certified instructors will help your student athlete develop a strong foundation of skills and knowledge as well as a passion for the sport.

Age Group: Grades K-6
Day/Time: Mondays, 4:45 - 5:45 pm, 6 sessions
Begins September 16
Location: NY- Presbyterian Westchester Division/9- Hole Golf course
Registration: Recreation Office or at www.playtga.com/southernwestchester
Fee: $160 Check payable to TGA of Southern Westchester

Volleyball Youth Clinic
Clinic based program, where each class is designed as a practice. Each practice will consist of passing/ball control, setting, hitting, defense, positioning, and end of practice scrimmages. Grades 7-12

Day/ Time: Thursdays, November 14 – January 16, 8 Classes
Location: Eastview School
Fee: $200 Make checks payable to Westchester Volleyball NY
For further Information please email WESTCHESTERVOLLEYBALLNY@GMAIL.COM

White Plains Little League
Registration Starts in Early December
Register Online at www.whiteplainslittleleague.com
Age Group: Boys & Girls, 5-15 Years
Scholarships Available!
Contact: email whiteplainslittleleague@gmail.com and/or info@whiteplainslittleleague.com

2019-20 Fall and Winter Programs
Jedi Engineering with LEGO Materials
The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Age Group: Ages 5 - 7
Day/Time: December 26, 27, & 30th, 9 am - 12 pm (3 days)
Location: Gillie Recreation Room
Registration: Recreation office or www.play-well.org
Fee: $120 Checks payable to Play Well Teknologies

Jedi Master Engineering using LEGO Materials
The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects using LEGO materials such as X-wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy, far, far away.

Age Group: Ages 8 - 12
Day/Time: December 26, 27, & 30, 1 - 4 pm (3 days)
Location: Gillie Recreation Room
Registration: Recreation Office or www.play-well.org
Fee: $120 Check payable to Play Well Teknologies

Batman Engineering: Gotham Gadgets w/ LEGO Materials
Take on Gotham’s villains by designing and building Batman’s favorite crime-fighting machines! Build the Bat Tumbler, craft a Batwing, and design your very own Batcave, all out of LEGO materials. Then use your projects to help save the city. Be the super-hero or super-heroine Gotham needs while learning how the world works through STEM concepts!

Age Group: Ages 5 - 7
Day/Time: February 18 - 21, 9 am - 12 pm (4 days)
Location: Gillie Recreation Room
Registration: Recreation office or www.play-well.org
Fee: $150 Checks payable to Play Well Teknologies

Batman Engineering: Master Mechanics w/LEGO Materials
Defeat Gotham’s villains by designing and building Batman’s most advanced crime-fighting machines! Infiltrate Arkham Asylum, build a Bat Cycle, and fly your Batcopter. Then use your projects to thwart the Joker’s plans to take over the city. Be the super-hero or super-heroine Gotham needs while engineering solutions through the use of STEM concepts!

Age Group: Ages 8 - 12
Day/Time: February 18 - 21, 1 - 4 pm (4 days)
Location: Gillie Recreation Room
Registration: Recreation Office or www.play-well.org
Fee: $150 Check payable to Play Well Teknologies

“Where to Go, What to Do, Way of Life!”
Creative Drama: Acting Through Stories!
A creative, fun introduction to theatre using familiar stories as source material. Students go beyond the story and create new adventures using drama to tie together acting and early literacy skills. Different stories will be used in each session so repeat students will get a different experience.

Age Group: Grades K–2  
Day/ Time: Thursday 4 - 4:50 pm  
Beginning October 3, 6 Sessions  
Beginning January 23, 6 Sessions  
Location: WP Performing Arts Center  
Registration: Online at http://wppac.com/education/  
Fee: $90 Checks payable to WP Performing Arts Center

The Actor’s Toolbox
The perfect class for budding actors. Students learn the basics of acting and character work through games, improvisation, and scenes. These beginning skills are ones that all actors use as they continue their growth as artists.

Age Group: Grades 3–5  
Day/ Time: Thursday, 5 - 5:50 pm  
Beginning October 3, 6 sessions  
Beginning January 23, 6 sessions  
Location: WP Performing Arts Center  
Registration: Online at http://wppac.com/education/  
Fee: $90 Checks payable to WP Performing Arts Center

Party Room Ebersole Ice Rink
Are you looking to host an Ice Skating Birthday party, you don’t have to look further than Ebersole Ice Rink. The Party room at Ebersole Ice Rink is available for groups up to thirty. There are many party packages available for both the use of the Party room during Public Skating sessions as well for any other occasion you may be planning. Let the staff at Ebersole Ice Rink make that birthday party or other special event happen! For further information you can contact Ebersole Ice Rink at 914 422-1390 or e-mail Ariel Hernandez at ahernandez@whiteplainsny.gov
Youth Teen Programs

TEENS ONLY  No Parents Allowed!
Programs promise to be exciting, fun, social and well supervised by recreation staff. Attend with your old friends and meet new friends at these events. RESIDENTS ONLY, SCHOOL ID REQUIRED.

Babysitters Training Program
Young people focus on leadership, safety, basic care and first aid through our American Red Cross Babysitter Certification class. Applications can be obtained online at www.whiteplainsyouthbureau.org
Age Group 12 – 16 years
Day/Time November 11th, December 23rd, January 20th and February 19th 9:30am - 4pm
Location White Plains Community Center
Contact Janet Spencer, 914-422-1378, x6721
jmspencer@whiteplainsny.gov

Counseling - FREE
Family and individual counseling services provided by licensed therapists (services available in Spanish) addressing behavioral problems, depression, family issues and school related problems. Parenting programs also offered.
Age Group 6 – 21 years
Day/Time Mid-September – June
Monday - Friday, 3:00 – 8:00pm
Saturdays 1:00 – 8:00pm
Contact Dr. Bhavana Pahwa, 914-422-1378, x6715,
bpahwa@whiteplainsny.gov

Healthy & Fit For Life
Youth have access to a fully equipped fitness facility and highly qualified coaches. Fitness activities include Boxing, Personal Training and Karate.
Age Group Karate: 6-11 years, Personal Training 6 – 21 years.
Day/Time Monday - Friday, 3:00 – 8:00pm
Saturdays, 12:00 – 2:00pm, School year program
Contact Dr. Bhavana Pahwa, 914-422-1378, x6715,
bpahwa@whiteplainsny.gov

Job Bank
Calling all youth looking for a job! The local business community calls on us to help fill their jobs. Open positions are posted on our website at www.whiteplainsteens.com/current-job-listings.html
Age Group 14 and up
Day/Time Monday – Friday (9am – 2pm)
Location Youth Bureau Office at White Plains High School, H Cafeteria
Contact Janet Spencer, 914-422-1378, x6721
jmspencer@whiteplainsny.gov

Junior Counselor Training Program
This is a first time, paid job experience for those who love children. Participants work in local After School Centers as Teachers Aides develop work related skills. Students must have a 3.0 GPA to participate.
Age Group 16 and up
Day/Time November 1st - December 19th
Location White Plains Community Center
Contact Janet Spencer, 914-422-1378, x6721
jmspencer@whiteplainsny.gov

Mayor’s Youth Council
The White Plains Mayor’s Youth Council is looking for high school students to become a part of this distinguished group of young leaders in the community. Students have the opportunity to enhance their leadership skills, perform various community service projects around the city throughout the year and meet with the Mayor on a quarterly basis as ambassadors for youth ideas and concerns in the city.
Age Group 9th – 12th Grade
Day/Time Tuesdays, Bi-Weekly, 7:00 – 8:00pm; School Year
Requirements White Plains Residents
Contact Raymond Tribble, 914-422-1378, x6723,
rtrible@whiteplainsny.gov

“Where to Go, What to Do, Way of Life!”
Youth Programs

Mentor Program
Do you have an hour or two a week and want to make a difference in a young person’s life? The City of White Plains Youth Bureau wants you to be a MENTOR. A mentor is a grown up friend who can help a child become a young adult who is prepared for a successful future. They are one of the people in a child’s life there to listen to them and provide guidance. Mentors benefit from the program by watching a young person grow, and seeing how much fun young people can be when you don’t have the stress of being their parent.

- **Age Group**: All White Plains Residents
- **Day/Time**: Year Round
- **Contact**: Sheila Foley, 914-422-1378 X 6709
  sfoley@whiteplainsny.gov

Teen Lounge
After school and on weekends middle school and high school youth can check out the Teen Lounges at Eastview, and Battle Hill. Youth can drop in and meet their friends or make new ones, hold discussions about current events, develop leadership skills by planning an activity, play video and board games, get help with homework, or just relax.

- **Age Group**: Middle and High School
- **Day/Time**: School Year; Varies by site
- **Location**: Youth Bureau, 11 Amherst Place
- **Contact**: Gina Covington, 914-422-1378, x6716
  gcovington@whiteplainsny.gov

Toastmasters Youth Leadership
Develop or improve your public speaking skills while strengthening your leadership and organizational skills in a fun learning environment.

- **Age Group**: All White Plains Residents
- **Day/Time**: First and third Wednesday of the month
  Wednesdays: 6:15pm – 7:15pm
- **Location**: White Plains Community Center
- **Contact**: Gina Covington, 914-422-1378, x6716
  gcovington@whiteplainsny.gov

Teens On The Go!
A program designed to take teens to places they normally wouldn’t go on their own. Experience the riches of living in New York State – join us as we take trips to Liberty Park for paintball or a trip up the Hudson or maybe a special screening of a film at the Jacob Burns Center. We’ll take at least one trip a month; some will be free and others will have a nominal cost.

- **Age Group**: Middle and High School
- **Day/Time**: School Year
- **Location**: Youth Bureau, 11 Amherst Place
- **Contact**: Gina Covington, 914-422-1378, x6716
  gcovington@whiteplainsny.gov

Youth Court
Great opportunity for high school students to earn community service credit and learn about the workings of the judicial system. Students will meet Judges, Lawyers, and other professionals in the field of law enforcement. Students process real cases under the guidance of Judges.

- **Age Group**: 9th – 12th grade students (White Plains Residents)
- **Day/Time**: School Year
- **Location**: Youth Bureau, 11 Amherst Place
- **Contact**: Connie Jones Hairston, 914-422-1378
  cjones@whiteplainsny.gov

2019-20 Fall and Winter Programs
White Plains Recreation & Parks provides a variety of recreational fun & leisure programs for individuals with developmental disabilities. We are committed to providing facilities and programs which meet the needs of our residents. For more information regarding accessibility at our parks visit our website at www.whiteplainsny.gov for program information contact Darren Valdes, Recreation Supervisor, 422-1347.

**How Do New Participants Join the Program?**
Before registering for programs, all new prospective participants must complete an intake interview and provide required documentation. To make an appointment, call Darren Valdes, 422-1347.

**Registration & Payment**
Ongoing at the Recreation Office 85 Gedney Way for resident and non-resident individuals who reside at home with a parent/caregiver.
In addition to the program fee, there may be additional money required for some activities.

**Recreation Buddies**
We are committed to ensuring that all programs are available to resident youth to participate in regardless of their disability or other barriers that would preclude them from participation. It is our goal to enable all young people to realize their full potential through age appropriate recreation activity. If you feel your child could benefit from a Recreation Buddy to aid in their participation, call 422-1347.

For additional recreation opportunities White Plains Recreation Parks has partnered with Greenburgh Parks & Recreation.
For more information on program offerings, please contact Noel Broccoli @ 693-8985, ext 128.

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**Programs for People with Differing Abilities**

**Teens and Adults**

**Art -n- Games**
Enjoy creating fun art projects, games and other social activities.

- **Age Group**: 15 & Older
- **Day/Time**: Tuesday, 6 – 8 pm
- **Course #**: A1 Begins September 17, 10 sessions
  
- **Course #**: A2 Begins January 7, 10 sessions
  
- **Location**: Community Center, 65 Mitchell Place
- **Registration**: Ongoing at the Recreation Office
- **Fee**: $96

**Bowling**

- **Age Group**: 15 & Older
- **Day/Time**: Wednesday, 6-8pm
- **Course #**: T1 Begins September 18, 10 sessions
  
- **Course #**: T2 Begins January 8, 10 sessions
  
- **Location**: Bowlmar, Tarrytown Road
- **Registration**: Ongoing
- **Fee**: $96
- **Bowling Fee**: Check for bowling is extra, payable to Bowlmar first day of class
  
Fee includes 2 games and shoes for the season

**Move & Groove**
Musical games, dance movements and fun activities that will get you in the groove.

- **Age Group**: 13 and older
- **Day/Time**: Monday, 5:30–6:30pm
- **Course #**: M1 Begins September 17, 8 Sessions
  
- **Course #**: M2 Begins January 6, 8 Sessions
  
- **Location**: Community Center, 65 Mitchell Place
- **Registration**: Ongoing
- **Fee**: 96
Movie Night
Catch a block buster with friends. Dinner is on your own at the theater. Bring money for your movie admission.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>15 &amp; Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, 5:30–9:30pm</td>
</tr>
</tbody>
</table>
| Course #       | F3 Sept 14, Oct 19, Nov 16, Dec 14  
                          W3 Jan 18, Feb. 15, Mar. 14, April 18 |
| Location       | City Center Movies |
| Registration   | Ongoing            |
| Fee            | $50                |

“Out & About” Social Night
Spend an evening with your friends. Participants will have a variety of fun activities at the Center or go on a community outing.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Friday, 6:30–9:30pm</td>
</tr>
</tbody>
</table>
| Course #       | F3 Sept 6,Sept 20, Oct 11, Oct 25  
                          Nov 8, Nov 22, Dec 6 Dec 20 (Holiday Party  
                          W3 Jan 10, Jan 24, Feb. 7, Feb 21,  
                          Mar. 6, March 20, April 10, April 24 |
| Location       | Community Center, 65 Mitchell Place |
| Registration   | Ongoing            |
| Fee            | $75                |

Special Out & About Trips

Medieval Times

<table>
<thead>
<tr>
<th>Age Group</th>
<th>15 &amp; Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Saturday, November 9</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$25</td>
</tr>
</tbody>
</table>

Westchester Broadway Theatre

<table>
<thead>
<tr>
<th>Age Group</th>
<th>15 &amp; Older</th>
</tr>
</thead>
</table>
| Day/Time       | Saturday, December 7 @ 6pm  
                          Meet at theater in Elmsford |
| Registration   | Ongoing            |
| Fee            | 25                 |

This delightful Holiday Classic is a true celebration of the season. All the splendor of the holiday season in one place, a great show to start the Holiday season.

White Plains residents with a disability or special medical need can give their information to 411 (confidentially). In the event of a disaster or weather event, our public safety dept. can access the White Plains names on the registry and check in on them (usually the FD or volunteer FFs do this). It’s in their best interest to sign up and keep the information current.
Ebersole Ice Rink
located in Delfino Park, Lake Street.
Phone: 422-1390. Rink opens early October (Weather permitting).

2019 - 2020 Public Session Schedule:
- Thursday 1-3pm
- Friday 3:30-5:30 pm, 8-10pm,
- Saturday 1:30-4:30pm
- Sunday 8:30-10:15am (Adults Only), 1:15-3:45pm

Family Admission Rates
- Youth: $8, Adult: $10, Senior: $5
- Youth Coupons-10 Coupons $70
- Adult Coupons-10 Coupons $90
- Skate Rentals $5.00
- Skate Sharpening $10.00

Holiday Schedule
- Thanksgiving Day CLOSED
- Christmas Eve/Day CLOSED
- New Year’s Eve CLOSED
- New Year’s Day January 1 1-4:00pm

SAVE THE DATE(S):
- Free Rink Admission: Tuesday, November 5, 11-2pm
- Skate with Frosty the Snowman! Sunday, December 15th, 1-3:45pm (REGULAR ADMISSION)
- Host Your Next Party at Ebersole Ice Rink
  - Private Party Room
  - Food on Site
  - Skate Rentals Included
  - Contact Ariel Hernandez at ahernandez@whiteplainsny.gov or (914)422-1366 for info/pricing

Free Skating Day
October-date TBA - come learn how to skate from our skate school staff and have the opportunity to register for Session 1. Rentals not included.

Group Lessons (ages 4 through adult)
Learn To Skate Program
For recreation or advanced figure skating, we have you covered. Ebersole's instructional program follows the standardized curriculum developed by the Ice Skating Institute (ISI). ISI's learn-to-skate program is a fun recreational ice-skating program for all ages and abilities. All beginner students must have a helmet. We do not have helmets to rent. Please bring gloves or mittens.

Group Lessons
- Session 1: 4- week program $80.00
- Session 2: 6- week programs $120.00
- Session 3: 6- week program $120.00

One (1) thirty-minute lesson, once a week.
**Fee includes public session skating on the day of the lesson, Ice Show Rehearsal, and Ice Show. Fee does not include skate rental or ISI membership.

Group Class Descriptions
- Mommy and Me– Children up to 5 years of age
  A special time for parent or caregiver and child to enjoy ice-skating / group instruction. Adult must know how to skate.

Annual Spring Spectacular:
Saturday, March 28, 5pm

Solo’s Showcase:
Thurs., Feb. 27, 5pm

New - Hockey Learn to Skate- Ages 4-6
Class designed for children between the ages of 4-6 who want to learn how to skate with the intent of playing hockey. No equipment needed other than hockey skates and a helmet.

Tots 1 - Ages 4-6 Beginner
Balancing on single blade skates; Proper Way to Fall; Proper Way to Get Up; Marching Across the Ice into a Two-Foot Glide.

Tots 2 - Ages 4-6 Previously taken lessons and passed Tot 1
Forward Swizzle; One-Foot Glide on each foot; Backward Wiggle; dips; Two-Foot Jump in Place; Snow Plow Stop.

Pre-Alpha - Ages 7 & older Beginner
Forward Stroking; Two-Foot Glide; One-Foot Glide (Right & Left);

Special Alpha - Ages 4-6 Passed Tots 2 level. Same class as Alpha for younger students

Alpha - Ages 7 & older Passed Pre-Alpha level
Forward Stroking; Forward Crossovers, Right over Left & Left over Right; One-Foot Snow Plow Stop.
Ebersole Ice Rink

Ebersole Ice Rink Happenings
Skate to music every Friday night from 8-10pm

Beta - Passed Alpha level
Backward Stroking; Backward One-Foot Glide (Right & Left); Backward Crossovers, Right over Left & Left over Right; T- Stops, Right Foot Outside Edge; Left Foot Outside Edge.

Gamma - Passed Beta level
Right Forward Outside 3-Turn (One Foot Turn); Left Forward Outside 3-Turn (One Foot Turn); Right Forward Inside Open Mohawk Combination; Left Forward Inside Open Mohawk Combination; Hockey Stop.

Delta - Passed Gamma level
Right Forward Inside 3-Turn (One Foot Turn); Left Forward Inside 3-Turn (One Foot Turn); Forward Edges - Forward Outside Edges and Forward Inside Edges; Shoot-the-Duck or Lunge (choice of one); Bunny Hop.

Freestyle 1 - Passed Delta level
Forward Inside Pivot; Two-Foot Spin; Forward Arabesque (spiral); Backward Edges - Backward Outside Edges and Backward Inside Edges; One-Half Flip; Waltz Jump; solo program set to music incorporating all of the elements.

Freestyle 2 - Passed Freestyle 1 level
Ballet Jump; One-Half Toe Walley; One-Half Lutz; One-Foot Spin; Two Forward Arabesques (spirals) (On either foot - and on either outside or inside edge); Dance Step Sequence; solo program set to music incorporating all of the elements.

Freestyle 3 - Passed Freestyle 2 level
Backward Outside or Inside Pivot; Salchow Jump; Change Foot Spin; Backward Arabesque; Toe Loop Jump or Toe Walley Jump (choice of one); Dance Step Sequence.

Adult & Teen Program – Teen/Adults ages 16 & up
Follow curriculum of Pre-Alpha & Alpha levels
Registration will be available at the rink on the last day of classes. Scholarship are available at the recreation office.
Registration
Registration will be online or in person at Recreation and Parks. For more information, contact Amy at 914 523-1106.

2019-20 Fall and Winter Programs
Session I: October 25 - November 17
Session II: December 6 – January 19
Session III: February 7 - March 20

Choose from Friday, Saturday or Sunday for Sessions 1, 2, and 3

Parent & Tot
   Wednesday 9:30-10am
   Sunday 11:45am – 12:15pm

Tots 1 & Tots 2 & Pre-Alpha
   Friday  4:00 pm
   Saturday 3:30 pm
   Sunday   11:45am

Special Alpha & Alpha
   Friday  4:30 pm
   Saturday 3:30 pm
   Sunday   11:45 am

Bet & Gamma & Delta
   Friday  4:30 pm
   Saturday 4:00 pm
   Sunday   12:15 pm

Adults
   Friday  5:00 p.m.
   Saturday 4:00 pm
   Sunday   12:15 pm

Freestyle 1-3
   Friday  5:00 pm
   Saturday 4:00pm
   Sunday   12:15 pm

Hockey Learn to Skate
   Saturday 3:30pm

Class cancellations due to inclement weather will be rescheduled but not always on original class day. No makeups for missed classes.

Students will be evaluated on week 4 of classes to indicate what class they will go in for the following session.
Hockey Group Class Offerings

Try Hockey For Free
This program is for kids with little or no prior skating experience. Rangers alumni and Junior Rangers staff lead a 1-day session at Ebersole Ice Rink. The session includes free rental skates and loaner equipment, a free Rangers hockey stick for children to take home and a post-skate meet & greet with Rangers alumni.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>5-9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Sunday, October 13, 9:30-10:30am/10:30-11:30am/11:30-12:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>Ebersole Ice Rink</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing At NYRangers.com/Junior (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>Free</td>
</tr>
</tbody>
</table>

Learn to Play
Learn to Play is an introductory program that teaches new players the basic skills of skating, stick-handling, passing and shooting. Children will learn about hard-work and commitment on and off the ice. The fee includes a brand-new set of CCM hockey equipment custom fitted at Pure Hockey retail locations.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>5-9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Friday, 5:45-6:45pm, 8 Sessions</td>
</tr>
<tr>
<td>Session 1</td>
<td>Begins October, 18-December, 13</td>
</tr>
<tr>
<td>Session 2</td>
<td>Begins December, 20-February 14</td>
</tr>
<tr>
<td>Session 3</td>
<td>Begins February, 21-April, 10</td>
</tr>
<tr>
<td>Location</td>
<td>Ebersole Ice Rink</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing At NYRangers.com/Junior (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>$215</td>
</tr>
</tbody>
</table>

Rookie League
With the basics covered, the Rookie League offers youth players the chance to put their skills to the test in a fun and competitive environment. Participants will learn basic game and team concepts. The program will also build important characteristics on and off the ice including teamwork, responsibility and respect. Fee includes 8 games per season, a Junior Rangers Jersey as well as a Junior Rangers Jamboree to celebrate the end of the season.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>5-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Friday Practice 7-8pm, Sunday Games, 10:30-11:30am, 8 Sessions</td>
</tr>
<tr>
<td>Session 1</td>
<td>Begins October, 18-December, 13</td>
</tr>
<tr>
<td>Session 2</td>
<td>Begins December, 20-February 16</td>
</tr>
<tr>
<td>Session 3</td>
<td>Begins February, 21-April, 11</td>
</tr>
<tr>
<td>Location</td>
<td>Ebersole Ice Rink</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing At NYRangers.com/Junior (Space Limited)</td>
</tr>
<tr>
<td>Fee</td>
<td>$325</td>
</tr>
</tbody>
</table>

Ice Hockey Mite
The Mite program is designed for the player who has had either clinic experience, or who has participated in organized hockey. Players are scheduled to skate three times per week. Games are cross ice.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>8 Years &amp; Younger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Weekdays, October - March - 6pm</td>
</tr>
<tr>
<td>Location</td>
<td>Ebersole Ice Rink</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$850</td>
</tr>
</tbody>
</table>
### Basketball League Men’s Division

Our Open Basketball League operates January - April, and has an; A - Division and B - Division. **REGISTRATION IS BY TEAM ONLY.** Team fees include; certified officials, jerseys. Games are played on Mondays, Tuesdays, & Thursdays at 7pm, 8pm, & 9pm. Championship and Runner-Up teams in each division receive an award.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Open</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Monday, Tuesday, &amp; Thursday Evenings @ 7, 8, 9pm Games January - April</td>
</tr>
<tr>
<td>Game Site</td>
<td>Highlands Middle Schools, North Gym</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing (League is limited to 16 Teams)</td>
</tr>
<tr>
<td>Fee</td>
<td>$950 without Sponsors Name $1,000 with Sponsors Name All fees must be paid before league play begins.</td>
</tr>
</tbody>
</table>

#### Softball, Co-Ed League—Fall League

Established league of co-ed softball, please contact Matt Quatrano, Recreation Leader at 422-1363 for further details.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men and Women 18 and Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Weekday nights, September-November 6-11pm</td>
</tr>
<tr>
<td>Location</td>
<td>Defino Park/Gille 2</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$825-Entry Deadline 9/09</td>
</tr>
</tbody>
</table>

#### Softball, Men’s League—Fall League

Slow Pitch- League play for all levels of competition.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18 &amp; older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Weekday nights, September-November 6-11pm</td>
</tr>
<tr>
<td>Location</td>
<td>Defino Park</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$825-Entry Deadline 9/09</td>
</tr>
</tbody>
</table>

#### 50 + Silver Softball League

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men &amp; Women 50 yrs and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Wednesday Evenings, 6:30-7:45pm, Starting September 18, 8 Sessions</td>
</tr>
<tr>
<td>Location</td>
<td>Gillie Park, Field 2</td>
</tr>
<tr>
<td>Registration</td>
<td>Online or 85 Gedney Way</td>
</tr>
<tr>
<td>Fee</td>
<td>$64</td>
</tr>
</tbody>
</table>

#### Tennis- Platform Tennis

Open play, follows Ebersole Ice rink schedule.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>16 &amp; Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Courts open 9am-9pm daily</td>
</tr>
<tr>
<td>Location</td>
<td>Delfino Park, 2 Courts, first-come first-served</td>
</tr>
<tr>
<td>Registration</td>
<td>Permit only</td>
</tr>
<tr>
<td>Fee</td>
<td>Season pass Adult $110, Senior Citizens $80 Non-Resident $200 Guest coupons available for purchase when ice rink is open $10 per coupon, court closed city holidays</td>
</tr>
</tbody>
</table>

#### Tennis- Instruction

Instructional program designed for the beginner as well as the more advanced player.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>16 &amp; Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Monday 6-7:30pm, 4 Sessions</td>
</tr>
<tr>
<td>Location</td>
<td>Gillie Park</td>
</tr>
<tr>
<td>Registration</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Fee</td>
<td>$135</td>
</tr>
</tbody>
</table>

#### Volleyball Adult Coed League

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Tuesday, 6:30-10pm Begins Nov 12, 14 weeks, 1 Week playoffs</td>
</tr>
<tr>
<td>Location</td>
<td>Eastview Middle School</td>
</tr>
<tr>
<td>Fee</td>
<td>$950 per team, 10 players-max Make check payable to Westchester Volleyball NY For further information email <a href="mailto:westchestervolleyballny@gmail.com">westchestervolleyballny@gmail.com</a></td>
</tr>
</tbody>
</table>

#### Volleyball Adult Coed Clinic

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Thursday, 6:45-8:45pm Begins January 23-March 6</td>
</tr>
<tr>
<td>Fee</td>
<td>$130 per person Make check payable to Westchester Volleyball NY For further information email <a href="mailto:westchestervolleyballny@gmail.com">westchestervolleyballny@gmail.com</a></td>
</tr>
</tbody>
</table>
Arts & Leisure

**Educational Presentations - The Center Café**
Learn from different professionals about various topics of interest. Lunch is available at the Center Café prior to the presentation.

**Day/Time**  Wednesday, 12-12:45pm
**Lunch service is from 11:30am-Noon**

- **Sept 18**  Scamming & Mail Fraud
- **Oct 23**  Deceptive & unconscionable practices in retail stores
- **Nov 27**  TBA
- **Dec 18**  Breast Cancer Awareness & Prevention
- **Jan 22**  TBA
- **Mar 25**  TBA

**Location**  Community Center, 65 Mitchell Place

**Registration**  Recreation Office or Community Center

Presentations are FREE. Reservations required for lunch only at least 24 hours in advance. Call 422-1423.

- $3 Suggested lunch contribution (60+ seniors)
- $5 Lunch contribution for guests under 60

**Fee**

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**Knitting & Crochet for Everyone**
All levels of skill welcomed. This instructional program offers the opportunity to learn this fun craft and socialize with friends. Beginners receive basic instruction to start knitting and crocheting. Beginners should bring one skein of yarn and knitting or crochet needles.

**Day/Time**  Thursday, 10am-Noon

- **Course K1** Begins October 24, 6 sessions
- **Course K2** Begins January 23, 8 Sessions

**Fee**  $5- 8 Session Resident, $60 Non-Resident
$5- 6 Session Resident, $50 Non-Resident

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**Memoir Writing**
This class will help you communicate your experiences in writing creating a clear and compelling prose.

**Day/Time**  Tuesday, 10:30 – 11:45am

**Course #**
- **M1** Begins September 24, 8 sessions
- **M2** Begins January 21, 6 sessions

**Fee**  $5 Resident, $60 Non-Resident

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**White Plains Chorale Singers**
All are welcome. From beginner to experienced singers alike. Gather to sing with an ensemble, to improve our vocal skills and perform at local city venues.

**Day/Time**  Tuesday, 10:15–11:30am

**Course #**
- **C1** Begins September 24, 8 sessions
- **C2** January 21, 6 sessions

**Fee**  $5- 8 Session Resident, $60 Non-Resident
$5- 6 Session Resident, $50 Non-Resident

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**Growing White Plains**
The program operates two community gardens, one at NY Presbyterian Hospital and one in partnership with Bethel Baptist Church at the corner of Prospect St. and Sterling Ave., as well as a small greenhouse in Delfino Park. This is a volunteer effort and the gardens belong to the citizens of White Plains.

**Age Group**  All Ages

**Date**  Late Summer thru early Winter

**Location**  Various

**Contact**  Byron Smalls, 914-422-1378, x6720
bsmalls@whiteplainsny.gov
HEALTH & FITNESS

Physical Activity Levels
Health & Fitness classes are defined by the minimum physical skills required to participate in the activity.
REMEMBER: Consult your physician before participating in a fitness program. For comfort and ease of movement, dress warm up clothes and appropriate foot wear.

Level 1: movement done in a sitting position only
Level 2: movement done in a sitting position or standing position with support from a chair
Level 3: movement done in a standing position with or without the support of a chair
Level 4: movement done in a standing position without support of a chair, with high level skills in agility, balance and coordination, ability to get down and up from the floor.

Chair Yoga Flow – Level 1 Exercise Video
Extend your yoga classes with this 35-minute chair flow. Perfect for all levels. Chair Yoga is a great way to relax from head to toe without the stress of getting out of your chair.
Day/Time Tuesday, 10:15 - 11:15 am
Course YV Begins December 17 - January 14, 5 sessions
Fee Free, Registration Required

Flexible Fitness - Level 1 - 2
In this instructor lead class poses can be done standing or in a chair. Improve strength; improve flexibility; improve coordination; reduced stress and improve mental clarity; improve pain management. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition you may suffer with.
Day/Time Tuesday, 10:45 - 11:45am
Course Y1 September 24, 8 Sessions
Course Y2 January 21, 6 Sessions
Fee $33- 8 Session Resident, $60 Non-Resident
$27- 6 Session Resident, $50 Non-Resident

H.I.I.T Squad – High Intensity Interval Training
(NEW) Level 4 +
A challenging and fun cardio workout that incorporates strength training, agility training, & plyometric training.
Day/Time Monday & Wednesday evenings, 7:15 - 8:30 pm
Session 1: September 9, 11, 16, 18, 23, 25
Session 2: October 2, 7, 16, 21, 23, 28
Session 3: November 4, 6, 13, 18, 20, 25
Session 4: December 2, 4, 9, 11, 16, 18
Session 5: January 6, 8, 13, 15, 22, 27
Session 6: February 3, 5, 10, 12, 24, 26
Session 7: March 2, 4, 9, 11, 16, 18
Location Gillie Recreation Room
Registration Recreation Office
Fee $120 per session, Checks payable to DVD Blue Collar
Mat Yoga – Level 4
A gentle and individualized approach to yoga. This class will introduce slow and flowing movements to open and center the body and mind. Instructor will offer modifications to make poses more accessible for those who would like to practice in a supported way. It may include breath work and guided imagery. Bring your own mat.
Day/Time: Tuesday, 9:30 -10:30am
Course: Y3 September 24, 8 Sessions
Y4 January 21, 6 Sessions
Fee: $33- 8 Session Resident, $60 Non-Resident
$27- 6 Session Resident, $50 Non-Resident

Gentle Tai Chi – Level 3  Exercise Video
Extended your Tai Chi class….Great for beginners! Enhance your overall body awareness and balance your energy.
Day/Time: Thursday, 11am - noon
Course: TV December 12 - January 16, 5 sessions
Location: White Plains Community Center, 65 Mitchell Place
Fee: FREE, Registration required

Let’s Line Dance – Levels 3 & 4
Line dance helps with coordination, balance and teases the brain while giving you a great workout! Wear shoes with soles, sneakers not recommended.
Day/Time: Thursday, 10– 11am
Course: L1 September 26, 8 Sessions
L2 Begins January 23, 6 Sessions
Fee: $33- 8 Session Resident, $60 Non-Resident
$27- 6 Session Resident, $50 Non-Resident

Sit Down & Tone Up – Level 1  Exercise Video
Feel the benefits of strength training from the comfort of your chair.
Day/Time: Monday, 10 - 10:30am
Course: TU Begins September 9
Fee: FREE, Registration required
White Plains Hospital Lecture Series

Once a month learn from top notch health professionals on how to stay healthy. Learn how to enhance your energy levels and improve your physical, cognitive and emotional health to live life to the fullest. Lunch is available at the Center Café prior to the presentation.

Day/Time: Wednesday, 12 - 12:45 pm
Lunch service is from 11:30 am - Noon

Sept 4 Health Care in the Digital Age: An Update
Oct. 2 Risk Factors Associated with the Flu
Nov. 13 Depression Management
Dec 4 Sleep: Are you getting enough?
Jan 8 Diabetes Management
Feb. 5 Heart Disease
March 4 Respiratory Diseases

Location: Community Center, 65 Mitchell Place
Fee: Presentations are FREE. Reservations required for lunch only at least 24 hours in advance.
Call 422-1423.
$3 Suggested lunch contribution (60+ seniors)
$5 Lunch contribution for guests under 60

Yoga with Oudi - Where Body and Mind Merge (New) – Level 4 +

This class helps the development of the mind, body and spirit, using breathing techniques, exercises and meditation, while promoting strength and flexibility in the body. Yoga leads to a sense of peace, happiness and well-being. “When the posture is steady, the mind is steady.”

Age Group: 18 & Older
Day/Time: Wednesday, 7pm - 8:15pm
Saturday, 8:30 - 9:45 am
Ongoing class until December.

Location: Community Center, 65 Mitchell Place
Registration: Ongoing at Community Center before the start of each class
Fee: $15 per class. (Pay as you go)

Zumba Fitness – Level 4 +

Lose yourself in the music and find yourself in shape with this Latin-inspired, easy to follow, calorie-burning dance fitness party. Feel the music and let loose.

Age Group: 12 & Older
Day/Time: Thursday, 6:45 - 7:45 pm
Begins Thursday, September 26 (6 sessions)

Location: Gillie Recreation Room
Registration: Recreation office or e-mail Lisa at zumbabylisa@optonline.net
Fee: $72

ZUMBA Toning – Level 4

In this instructor lead class you will move to international music, world rhythms and get an exciting, effective workout. Unique to this program, routines features aerobic training with a combination of weights for toning and sculpting.

Day/Time: Friday, 10:30 – 11:30 am
Course: Z1 Begins September 27, 8 sessions
Z2 Begins January 24 6 sessions

Fee: $33- 8 Session Resident, $60 Non-Resident
$27- 6 Session Resident, $50 Non-Resident
Active Older Adult Programs

Trips & Excursions

DAY TRIP ACTIVITY CODE

REMINDER: Your safety and comfort are important to us. Trips require boarding buses, sometimes lengthy walking, climbing steps and standing. Some trips are not suitable for those with ambulatory limitations. If on-going assistance is required, it will be necessary for you to arrange for a companion or aide to attend the trip with you. Please note the activity level descriptions below to determine if a trip is appropriate for you. If you have any questions please contact our office to determine if the trip you are interested is suitable for you.

Level 1  Little or no walking; few or no stairs (i.e. Bus drops you off close to the event).
Level 2  Moderate walking, with places to rest.
Level 3  Substantial amount of walking with or without places to rest.
Level 4  Lots of walking, with standing for long periods of time.

Theater Lovers’ Club – Level 1

Do you like Broadway Shows? If so, this club is for you! At these meetings, participants will be deciding which Broadway show they would like to attend. Tickets are reserved at the meeting, so please come prepared to make a payment in order to guarantee your spot.

Day/Time  Thursdays, 9/12 @ 6 pm & 3/19 @ 1 pm
Location  White Plains Community Center, 65 Mitchell Place
Fee  Cost varies and includes: transportation via coach bus to and from the show, show tickets and dinner. Coach bus picks up/drops off at Delfino Park and Community Center.

Ace in the Hole - Tribute to Frankie Valli & The Four Seasons - NJ – Level 1

Take a trip to Jersey with Adam and The New Hearts as they pay tribute to Frankie Valli & The Four Seasons singing all their hits. Enjoy a delicious family-style meal and 2 complimentary drinks during Happy Hour; Boutique shopping all day, door prizes and 50/50 raffle.

Day/Time  Friday, September 27, 9:15-5:30pm
Registration Deadline: Sept. 20
Fee  $57 (includes show & meal)
Coach bus transportation subsidized by the WP Senior Advisory Board.
Bus Pick up  9:15am-Delfino Park; 9:30am-Community Center

Hudson River Museum & Planetarium- Yonkers – Level 2

Enjoy a guided tour of the Museum and Planetarium show. Afterwards, have lunch at Xaviars on the Hudson.

Day/Time  Thursday, October 10, 8:45am-3:30pm
Registration Deadline: October 3
Fee  $60 (all included)
Bus Pick up  Delfino Park: 8:45am & Community Center: 9am

German Fest at Lake Wallenpaupack, Hawley, PA – Level 1

Begin your day with a strudel making demonstration; make your own pretzels; enjoy a delicious family style German meal and tap your toes or sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics.

Day/Time  Wednesday, November 6 - 8:15am-5:30pm
Registration Deadline: October 2
Fee  $70 (all included)
Bus Pick up  8:15am-Delfino Park; 8:30am-Community Center

NY Botanical Gardens Holiday Train Show – Level 3

Experience one of New York’s favorite Winter traditions. Enchanting model trains zip through a display of more than 175 New York landmarks, each re-created with bark, leaves, and other natural materials. Enjoy lunch on your own at one of the eateries located at NYBG.

Day/Time  Tuesday, December 10 - 8:45am - 3:30pm
Registration Deadline: November 4
Fee  $33 (Lunch on your own)
Bus Pick up  8:45am-Delfino Park; 9am-Community Center
Westchester Broadway Theater/ Elmsford – “It Happened One Christmas Eve” – Level 1

A heart-warming musical about an infant left on a Brooklyn doorstep one Christmas Eve and the magic she brings to the lives of those who find her. It captures the holiday message of Love, Forgiveness, Understanding, Loyalty, and Perseverance in a nostalgic blend of joy and nostalgia. The show is filled with favorite Christmas carols, popular seasonal songs, and some original songs sure to please the young, the old, and anyone in between!!

Day/Time Thursday, December 5, 10:45am-4pm
Registration Deadline: October 30
Fee $63 (includes show, meal & transportation)
Bus Pick up 11am-Delfino Park; 9:30am-Community Center

Jacob Burns Film Center-Pleasantville – Level 1

Enjoy lunch at the Pleasantville Diner and then watch “Gloria” a Senior Afternoon Cinema film at the Jacob Burns Film Center. When a young boy’s family is killed by the mob, their tough neighbor, Gloria, becomes his reluctant guardian. In possession of a book that the gangsters want, the pair go on the run in New York.

Day/Time Tuesday, September 10 - 10:15am-3:30pm
Registration Deadline: September 3
Fee $5 (Lunch on your own)
Bus Pick up 10:15am-Delfino Park; 10:30am-Community Center

Lunch Around – Level

Join us for lunch at a local restaurant during the month of March. Meet new friends or enjoy the company of old ones. Call 422-1423 to inquire about exact date and location.

Day/Time TBA
Fee Lunch on your own
Bus Pick up Transportation provided to and from the Community Center, 65 Mitchell Place to White Plains Seniors (60+) only.

Lap Swim Ages 16 - Adult

White Plains High School Pool will now be available for Lap Swimming. Fitness minded adults will have the chance to take to the water several times each week to swim without interruption.

Day/Time Monday, Wednesday, Thursday & Friday @ 7:30-9pm
Course Session 1 Begins October 7 11 Weeks
Session 2 Begins January 6 11 Weeks
Pool closed when School is not in Session
Fee $225 per Session
About the White Plains Recreation & Parks AOA Program

60+ Program Meeting is an open meeting on upcoming Community Center programs and activities. Your feedback and suggestions are welcomed. 12:15-1:00pm, check the monthly online calendar for dates.

Special Announcements

The Senior Program is looking for volunteers who would like to provide guidance to seniors on the use of technology, i.e. computers, smart pads, smart phones, etc. If you are interested in volunteering please contact Sia Tofano at 422-1423.

The Community Center is always open during the day for residents who would like to gather with friends to play Bridge, Mah Jong or other board and card games. If you would like to reserve a room please contact the Center at 422-1423.

Senior Citizens Advisory Committee (The SCAC is a non-partisan and non-sectarian organization not affiliated with the City of White Plains.) The purpose of the SCAC is to enrich the lives of senior members of the community through supporting programs and activities for older citizens and creating a positive impact in their quality of life. Feel free to speak with any committee member with suggestions that you may have: Malcolm Baehr, Diane Bloom, Matthew Coffey, Jean Cortalano, Sue Demarsico, Kathy Ferri, Jane Prout, Agnes Scheu, Bari Schulman. SCAC Thrifty Boutique Shop – Donate your unused items and help to support programs through item sales. Boutique is open Mon – Fri., 10am – 2:30pm.

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Cafetería y Transportación - Delicioso y nutritivo almuerzo diariamente de 11:30 am a 12 pm. Contribución sugerida: $3.00. Se ofrece transportación de ida y vuelta de su casa al Centro. Contribución sugerida: $1.00 cada vía. Horario de buses: 9am, 1pm y 2:30pm. Para almuerzo y transportación debe reservar por lo menos con 24 horas de anticipación. Llamar al 422-1423. Puede hacer reservaciones para toda la semana.

Transportación para ir al Supermercado - Shop Rite - Martes - (1 hora para hacer compras) - El bus le recoge entre 9 y 10am en su casa y le deja en Shop Rite. El bus le recoge en Shop Rite de vuelta a casa.

Mercado al Aire Libre (Farmers Market) Miércoles - (termina en noviembre) El bus le recoge entre 9 y 10 am y le deja en Court Street. El bus le recoge en Court Street entre 10:30 y 11 am para llevarle al Centro. Para volver a casa debe hacer reservación para el bus que sale del Centro a la 1pm.

All programs and services can be accessed at the White Plains Recreation & Parks Community Center, 65 Mitchell Place. Metered parking is available on Mitchell Place or in the City Center Parking Garage located on Martine Ave. and Main Street. Hours of operation are Monday - Friday, 8:30am - 4:30pm. For more information about call, 422-1423.

The Center Café, Transportation, Support and Wellness Programs are partially funded through the US Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

The Center Café - The center serves a delicious, nutritious hot lunch daily from 11:30am-noon for a $3.00 suggested contribution. Meal reservations can be made for a week at a time (24 hour reservation required), call 422-1423.

Center Transportation Services - Center Bus service is available, door to door, to and from your home (24 hour reservation required). Reservations can also be made for a week at a time. Bus Schedule: 9am, 10am (dependent on number of riders) 1 & 2:30pm runs. Fee is a $1.00 suggested contribution per one-way service. For reservations call, call 422-1423.

Grocery Shopping-Tuesdays - (Shop for one hour). Bus pick up is between 9 & 10am and will drop you off at Shop Rite. The bus will then pick you up from Shop Rite and return you to your home.

Farmer’s Market – Wednesdays (ends in November) - Bus pick up is between 9am and 10am and will drop you off at the Market. Bus will pick you up at the Market between 10:30 & 11am and take you to the Center. For a ride home you must make a reservation for the 1pm bus leaving from the Center.

Para Transit Services in White Plains - Para-Transit of Westchester County of White Plains utilizes taxi cab companies to provide Para Transit services for those whose disabilities prevent them from using standard fixed route buses. For more information call Para Transit at 995-7272 and press 2.

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### Aging & Life Transitions
Join in this open discussion group where you will explore and share experiences related to the process of aging.

**Day/Time:** Tuesday, 12:15–1pm  
**Date:** Sept 10 & 24; Oct. 8 & 22; Nov. 12; Dec. 10; Jan. 14 & 28; Feb. 11; Feb. 25; Mar. 10 & 24  
**Fee:** Free

### Bingo
**Day/Time:** Thursday, 12:15 - 1:45pm  
**Fee:** 50 cents per bingo card - Payable at the game.

### Center Café Birthday Celebrations
Join us for lunch and entertainment as we celebrate birthdays. Birthday celebrants will receive a Center Café lunch on the house.

**Day/Time:** Wednesday, 11:30am-1pm  
- Nov. 20, Fall Birthdays (Oct- Dec)  
- Feb. 19, Winter Birthdays (Jan–March)  
**Fee:** $3 (suggested contribution - 60+ seniors); $5 (guests under 60)  
Lunch reservations must be made at least 24 hours in advance. Call 422-1423.

### Center Café Special Events
Join us for a delicious theme luncheon and live entertainment. Advanced registration required. Payment will be collected at registration.

- **Oktoberfest**  
  Fri., October 4, 11:30am-1:30pm  
- **Halloween**  
  Thurs., October 31, 11:30am-1pm  
- **Veteran’s Day**  
  Fri., Nov. 8, 11:30am-1pm  
- **Thanksgiving**  
  Tues., Nov. 26, 11:30-1:30pm  
- **Holiday Luncheon**  
  Fri., Dec. 13, 11:30am-1:30pm  
- **New Year’s**  
  Tues., Dec. 31, 11:30am-1pm  
- **St. Patrick’s Day**  
  Thurs. March 12, 11:30am-1:30pm  
**Fee:** $3 (suggested contribution - 60+ seniors); $5 (guests under 60)  
Lunch reservations must be made at least 24 hours in advance. Call 422-1423.

### Dine Around Club
Join us on the last Tuesday of every month for dinner out in White Plains with friends. Restaurants will be determined monthly. Cost on your own. Please register at the front desk or call 422-1423.

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“Where to Go, What to Do, Way of Life!”
**Flexible Fitness - Level 1**

Flexible Fitness - Level 1
Continue your Wednesday exercise routine with exercises that will keep you flexible and feeling great!

**Day/Time**
Wednesday, 10:30 - 11:30am

**Course**
FF  February 19, 6 Sessions

**Fee**
$27 - 6 Session Resident, $50 Non-Resident

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**Live 2 Be Fit - Level 3**

Class sponsored by Westchester County Department of Senior Programs and Services and the YWCA. Strengthen your balance, muscle support and build cardiovascular endurance to help you stay fit and active.

**Day/Time**
Monday, 10:30am - 11:30am

**Course**
SF  Begins September 23, 10 sessions
SF2  Begins January 27, 6 session

**Fee**
FREE, Advance registration is required.

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**Grupo Social Hispano**

Unase a este grupo social y comparta las similitudes y diferencias de su cultura con otras personas de habla hispana. Join this social group and share your culture.

**Dia/Hora**
Miércoles, 12:30-2:30pm. Todo el año.

**Day/Time**
Wednesday, 12:30-2:30pm. Ongoing.

**Costo**
Gratis. No necesita inscribirse.

**Fee**
Free. No registration required.

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**Movies and Popcorn**

Join us once a month for a movie and warm roasted popcorn. No registration necessary. Movies will be determined monthly. To find out the movie selection call 422-1423.

**Day/Time**
Wednesday, 12:30pm
9/11, 10/16, 11/6, 12/11, 1/15, 2/26 & 3/18

**Fee**
Free

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**Holiday Dinner Outing**

Join other seniors for a delicious meal and celebrate the Holidays. Advanced registration required. Register at the Community Center.

**Day/Time**
Tuesday, December 3, 5-7pm

**Location**
Luka’s Italian Cuisine, 130 W Post Road, White Plains

**Fee**
$40 (includes gratuity); cash bar
Make check payable to: WP Senior Advisory Board
Intergenerational Valentine’s Day Dinner Dance
Enjoy a fun evening of dancing and a delicious buffet dinner. Program co-sponsored with the White Plains Youth Bureau.

Day/Time: Wednesday, February 13, 5–8pm
Fee: FREE
Transportation available to and from home to WP residents only (60+).

Stay Strong and Fit
Class sponsored by Westchester County Department of Senior Programs and Services and Westchester Community College Mainstream. Improve balance, cardiovascular endurance, and strength to support a healthy lifestyle.

Day/Time: Wednesday, 10:30am - 11:30am
Course#: SF
Begins October 2, 14 session
Fee: FREE, Advance registration is required.

Medicare Minute
Once per month, trained volunteers in the Seniors Out Speaking (SOS) on Medicare share Minutes on important Medicare topics.

Day/Time: First Tuesday of the month, 12-12:30pm

Westchester County Golden Harvest Dance & Talent Show
Celebrate Fall with a fun-filled day of music, lunch and talent show at the Westchester County Center. Pre-registration required. Payment will be collected at registration.

Day/Time: Tuesday, October 29 10:30am - 3pm
Fee: $4 - Lunch
Registration deadline Oct. 22
Transportation provided to White Plains seniors only.

Nurse’s Corner - Doctor’s United
Meet with the visiting nurse for blood pressure readings and questions about medications and diet.

Day/Time: 2nd and 4th Mondays, Noon - 1pm

Westchester Wii Bowling League - White Plains Team
Learn how to do play this fun bowling video game and compete against other senior groups.

Day/Time: Monday & Thursday, 10 - 11:30am & 12:30 - 2:30pm
Course#: SF
Begins September 5
Fee: FREE, Advance registration is required.
Special Events

Farmers Market
Fresh food, fruits, vegetables and plants are on sale to the public.
Day/Time: Wednesdays, September-November 27, 8am-4pm
Location: Court St. between Main St. & Martine Ave.

Dog Days of Summer
Come join us for our “Dog Swim” at Kittrell Pool
Age Group: Dogs 1 year & older with adult owners
Day/Time: Thursday, September 5, 5-7:30pm
Location: Kittrell Pool Fisher Ave
Fee: Free to White Plains Dogs

A Day of Remembrance
This event pays homage to all who lost their lives. Flag raising, wreath laying and liturgical ceremony.
The City of White Plains will co-sponsor our annual American Red Cross Blood Drive on Sept. 12 from 10:30am - 3:30pm @ City Hall, 255 Main Street.
Day/Time: Wednesday, September 11, 8am
Location: Liberty Park.

Halloween Window Painting
White Plains Scout Troops are invited to paint the town. We also welcome store owners to contribute their windows for decorating. If you are interested in participating in this program, scout troops must register by September 16. Call 422-1331 to register.

Howl-o-Ween Costume Party
Dress your dog in costume and meet us at the Bark Park for an afternoon of fun. Prizes awarded in several categories for best costume. Sponsored by Pet Smart Tarrytown Road White Plains.
Day/Time: Saturday, October 26, 11:30am
Location: Main St.
Fee: Free

Frightfully Fun Festival & Parade
Downtown White Plains is transformed into a Halloween Festival for school age children and their families. Activities includes: pumpkin patch corn maze, crafts, scary tattoos, DJ and magic show. Everyone is invited to showcase their costumes in our parade. Prizes awarded for numerous age groups and categories. Treat bags for all children.
Please Note: While most activities are free, there may be a minimal charge for some venues.
Age Group: Families, pre-schoolers, elementary age children
Day/Time: Sunday, October 27, 1pm – 4pm
Location: Court St. between Main St. & Martine Ave

Veteran’s Day
White Plains will commemorate Veteran’s Day on Monday, November 11th with its annual ceremony sponsored by the Mayor’s Memorial and Veteran’s Day Board. We will gather at City Hall 255 Main Street 10:30am Light Refreshments provided after the Ceremony in City Hall. Support and Honor our Veterans.
For additional information call 422-1339.
**Wellness Festival**

Health & Wellness festival for the whole family. Come enjoy games, give-aways, food and vendors.

- **Age Group**: All ages
- **Dates**: September 14th; 12:00pm – 4:00pm
- **Location**: Tibbits Park
- **Contact**: Bhavana Pahwa, 914-422-1378, x6715

**City Lights, Bright Holiday Nights-Tree Lighting**

Celebrate the sights and sounds of the season as the Mayor lights the City’s holiday tree. Carolers, music, refreshments and visits with Santa will follow.

- **Day/Time**: Sunday, December 1, 4-6pm
- **Location**: Court St.

**WinterFest Holiday Market**

**December 18-23, 11am-9pm**

Get into the spirit of the holidays at our expanded WinterFest! Come enjoy Old World charm and the sights, smells, sounds and tastes of the season. Shop for artisan foods and crafts and find just the right holiday gift; stay and enjoy musical and dance performances from area schools and studios. Meet up with friends and make memories at our multiday event on Court Street between Main Street and Martine Avenue.

**My Brother’s Keeper 3rd Annual Celebration**

- **Age Group**: Kindergarten through 12th grade
- **Day/Time**: December 19th, 6:30pm
- **Location**: Highlands Middle School
- **Contact**: Frank Williams, Jr. 914-422-1378, x6702

**New Year’s Eve Family Spectacular**

Live Music, Ball Drop, Countdown

- **Day/Time**: Tuesday, December 31, 10pm-12:30am
- **Location**: Main St & Court Street

**JAZZ FEST 2019-September 11-15**

Summer sizzles with a five day celebration of jazz in downtown White Plains culminating with the White Plains Jazz and Food Festival on Sunday, September 15 on Mamaroneck Ave., 12pm - 5:30pm, free. More info: [www.artsw.org/jazzfest](http://www.artsw.org/jazzfest).

- **Day/Time**: Tuesday, Sept. 11 - Sunday, Sept. 15
- **Location**: Mamaroneck Ave. between Main St. and Martine Ave.
- **Fee**: Free
After School Connection
This program provides quality after school child care from school dismissal until 6 pm at all five elementary schools, the Eastview 6th Grade Academy, Highlands Middle School, the DeKalb housing complex and the Thomas Slater Center.

Age Group: Kindergarten – 8th grade
Day/Time: Monday – Friday, September – June
Contact: Byron Smalls, 914-422-1378, x6720; bsmall@whiteplainsny.gov
Fee: $88.25 per week until 6 pm; billed monthly extended day until 6:30 pm available at an additional $45 per month (** Fees subject to change, pending Common Council approval) Income based scholarships are available

After School Vacation Camp
(2020 Winter and Spring)
Do you need a safe place for your child during the break? If so, we have just what you need. Our vacation STEAM (Science, Technology, Engineering, Art and Math) camp is open to all children grades K through 8. The curriculum includes educational and cultural enrichment as well as active games and sports, and a STEAM-themed day trip.

Age Group: Kindergarten – 8th grade
Day/Time: Winter: February 18-24, 2020
           Spring: April 6-9, 2020 8:30am – 6:00pm
Location: TBD
Requirements: Students bring their own lunch
Contact: Sherry Bannister: 914-422-1378, x6706; sbannister@whiteplainsny.gov
Fee: $206/four days, includes snack and a trip

Youth on Stage Performing Arts Program
Dancing, Drumming, Guitar and Theater
Classes form in September and February. We offer beginning to advanced dance classes in Hip Hop and African/Caribbean Dance. Most classes meet on either Monday or Saturday. Please call the Youth Bureau for more details.

Age Group: 7 years and up
Day/Time: Mid-September - June
Contact: Gina Covington, 914-422-1378, x6716 gcovington@whiteplainsny.gov

Thank You – Sponsors/Contributors
The following businesses and organizations contribute time, talent, resources and funds to enhance many of our Events and Programs. We are very appreciative of their support of Recreation and Parks activities.

16 Handles  Alastar Home Care
All New York Title Agency  ArtsWestchester
Burke Rehabilitation  Backyard Sports
MVP Basketball Camp  Emma’s Ale House
Famous Famiglia Pizza  Forme’ Urgent Care
Junior Knicks  People’s United Bank
New York Presbyterian/  RJT Motorsports Services
Westchester Division  Rotary Club of White Plains
Orthopedic Specialist of  Sundance Kitchen
White Plains  Trader Joes
Peckham Industries  White Plains Hospital
Petagine’s Auto Body  White Plains Lions club
Riemann Auto Body  YWCA White Plains & Central
Sam’s of Gedney Way  Westchester
Teaches Hoops  White Plains BID
Webster Bank  White Plains Library Foundation
White Plains Beautification  White Plains Public Schools
Foundation

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Community Partners

We Have Seasons Full of Recreational Opportunities

- Parks
- Ice Skating
- Halloween Parade
- Soccer Programs
- Active Older Adult Activities
- Dance Classes
- Basketball programs
- Programs for Differing Abilities
- Swimming Lessons
- Ice Hockey
- New Yrs Eve Family Spectaculars
- Playgrounds

“Where to Go, What to Do, Way of Life!”
Community Partners

Jump In and Swim Month
March 2020

Register Today
www.ywcawpcw.org

The YWCA is dedicated to
eliminating racism, empowering
women and promoting peace,
justice, freedom and dignity for all.

Gotta love the arts!
Check out ArtsWestchester.org
for fun things to do.

WE UNDERSTAND LIFE IS HECTIC.
Finding the right doctor shouldn’t be.
Let us help you find a physician to meet your
specific needs. Call 914-849-MyMD (6963).
Community Partners

DPW AT YOUR SERVICE APP
DOWNLOAD IT
FOR FREE TODAY
2019-20 Fall Mainstage Productions

ELTON JOHN & TIM RICE’S

AIDA

THE TIMELESS LOVE STORY

An epic tale of love, loyalty and betrayal, chronicling the love triangle between Aida, a Nubian princess stolen from her country, Amneris, an Egyptian princess, and Radames, the soldier they both love.

OCTOBER 11-27

Disney

NEWSIES

THE BROADWAY MUSICAL

Based on the 1992 movie and inspired by the true story of the 1899 Newsboys Strike, Newsies is an ebullient, joyful, and entertaining musical capturing the strength that young people have when they join together and stand up against injustice.

With a funny, poignant book by Harvey Fierstein and stunning music by Alan Menken and Jack Feldman, Newsies is a classic with the power to inspire and perfect for the whole family.

DECEMBER 20 - JANUARY 12

Please visit wppac.com for all additional events including concerts and special events. For Tickets: 914.328.1600 | wppac.com

Theatre is located on 3rd Floor of City Center, downtown White Plains All programming, shows, schedules and ticket prices are subject to change.
Welcome to the White Plains Public Library

This September and October, we’re excited to host a One Book, One White Plains reading event featuring Celeste Ng’s novel, Everything I Never Told You. A moving story about family, secrets, and longing, we will host book discussions in the Library and will be happy to facilitate conversations at your book group. We will also offer a film series that will explore themes in the novel as well as a writing workshop for emerging authors.

Returning this fall will be two of our most popular programs: Trove Time and our Wellness series.

Trove Time is a program for caregivers and children ages 2 – 4 to play and socialize in an early-literacy rich environment. It will be held Tuesdays, Thursdays, and Fridays 10:30 am – 12 pm beginning September 24th.

Wellness programs for adults—including sound healing, reiki, stress, and mindfulness—will begin September 11. Check out our website for all our Wellness activities, plus scores of other programs and don’t forget to subscribe to our eNewsletter to stay informed about our latest programs.

For Teens

The Edge is the Library’s welcoming and inclusive space where teens in grades 7-12 can be themselves, whether they are doing homework, reading, or just hanging out. The Edge features a technology-rich Media Lab with state-of-the-art equipment such as 3D printers, an audio recording studio, and virtual reality machines, as well as professional software, such as Final Cut, Unity and Adobe Creative Suite.

There’s something happening almost every day - movies, gaming, crafts and maker programs, STEM activities, career panels and much more. In the course of one week, teens may have the opportunity to explore augmented reality, learn about coding video games, hear from local professionals about their careers, or create items to help the visually impaired. In addition, the Edge provides many volunteer and community services opportunities for teens, including the Do Gooders, a service-focused club which meets to help the Library, as well as to plan community projects. More information at http://whiteplainslibrary.org/edge.

Library Hours

Monday-Thursday................. 10 a.m. - 9 p.m.
Friday............................... 10 a.m. - 6 p.m.
Saturday (Sept-June)............... 10 a.m. - 5 p.m.
Saturday (July-Aug)............. 1 p.m. - 5 p.m.
Sunday................................ 1 p.m. - 5 p.m.

Phone Numbers

Adult Reference......................... 422-1480
The Trove (Children’s Services)... 422-1476
The Edge (Teen Services)........ 422-1481
Checkout / Library Cards........ 422-1490
Renewals by Phone................... 674-4169

Find us on these social networking sites:

facebook.com/WhitePlainsPublicLibrary

twitter.com/WhitePlainsLib

whiteplainslibrary

Visit our website:

whiteplainslibrary.org

For more details and listings of our free classes and events, see our website whiteplainslibrary.org

As a White Plains resident, you are eligible to receive a White Plains Public Library Card. Please stop by the Circulation Desk for details, or call 422-1490. We are a member of Westchester Library System, and your White Plains card is honored at all Westchester public libraries and at the Westchester Community College library.
White Plains Public Library

For Children

Homework Help & Tutoring
Free, live, one-on-one tutoring is available through the Library every day from 2-11pm for Grades K-12 at http://whiteplainslibrary.org/tutor-com-info. Through this service, students may access study guides and other materials 24/7. Students in Grades 1-6 may receive homework help after school through the Teacher in the Library program. Both the Trove and Edge offer many print and online resources to help with assignments; provide access to computers and various software; and have staff who can assist students.

Books and Reading
The Library is committed to supporting reading and literacy skills of White Plains youth. We offer numerous early literacy and reading-centric programs, and have a vast collection of books and audiobooks to borrow. For a great book, visit the new Recommended Titles by Grade Level collection. We provide access to an abundance of eBooks and eAudiobooks, which can be accessed via the Libby and Sora apps with your White Plains Public Library library card. More information about e-materials at: https://whiteplainslibrary.org/ebooks.

For Adults

One Book, One White Plains
Join us in reading and exploring the themes of Everything I Never Told You by Celeste Ng this fall.

En Español
Noticias es el boletín informativo oficial de la Biblioteca en español. Destaca los programas y servicios que la Biblioteca entiende ser de especial interés a los usuarios que hablan español.

Nuestra página web en español es español, whiteplainslibrary.org, donde usted puede encontrar información detallada acerca de los muchos servicios que ofrece la Biblioteca.

For more details and listings of our free classes and events, see our website whiteplainslibrary.org
Want to Keep White Plains Beautiful?

Flowering trees, daffodils, tulips! For over Beauty abounds throughout our City, due to the effort of the White Plains Beautification Foundation. The gardens (more than 65) planted with colorful flowers, shrubs and trees are sponsored by donations to the Adopt-a-Park program that this independent, all-volunteer organization has been overseeing for more than 50 years.

Other projects include street clocks, fountains, a carillon, a gazebo, summer house and more.

The WPBF’s Daffodil Project envisions 1 million daffodils blanketing White Plains, and is well on its way toward realizing that goal. Thousands of daffodils are planted every autumn.

WPBF sponsors a cable-access TV program. This Blooming City airs on FIOS (Ch. 45) and Cablevision (Ch. 76). All episodes are archived on the Foundation’s website, https://wpbf.org/.

The Foundation is aided by the efforts of the White Plains DPW, local corporations and garden centers.

Its new initiative, Pollinators of White Plains, is part of the global Pollinator Pathways movement that seeks to sustain bees, butterflies and other pollinators through the grass-roots support of individuals, local governments, corporations, schools, hospitals, religious groups and other organizations. Reach us at pollinatorswp@gmail.com.

Individuals and organizations are encouraged to join the Foundation through direct participation, financial donations or by sponsoring a garden. Visit the website, email info@wpbf.org, like us on Facebook and get involved.

PARK RULES AND REGULATIONS

• Parks are open daily from dawn to dusk, unless specified
• No Dogs are permitted except in Bark Park
• No smoking or alcoholic beverage are permitted
• Parents must supervise children at all times
• No littering or loitering
• A facility permit is required for use of all City owned fields
BATTLE HILL PARK
LOCATION: This 3.68 acre park is located to the west of the Battle Hill Condominiums on Battle Avenue and McKinley Avenue.
COMMENTS: Open field space and the outdoor basketball court is the perfect location for individuals to engage in casual athletic activities. The Community room is used as a Teen Lounge and is available for permit use.

BATTLE OF WHITE PLAINS PARK
LOCATION: This 1.31 acre park is located at the corner of Whitney Street and Battle Avenue at a high point overlooking the City
COMMENTS: This park is the historic site of the Battle of White Plains, designed and build in 1976 as part of the National Bicentennial Projects. Interpretive historical signage is located throughout the park.

CHATTERTON PLAYGROUND
LOCATION: This .40 acre park is located at the corner of Chatterton Avenue and Harmon Street.
COMMENTS: The modern fenced play areas are well shaded and provide a variety of playground activities.

DRUSS PARK
LOCATION: This 1.99 acre park is located at the intersect of South Lexington and Prospect Avenue opposite St. Bernard’s Church.
COMMENTS: The park is naturally separated into three terrains divided by gentle slopes. Each terrace has a flat plateau perfect for leisure opportunities. Coming this Fall a new accessible playground for both 2-4 year olds and school aged children.

MATTISON PARK
LOCATION: This .78 acre park is located in fisher Hill at the intersection of Quinby Avenue and Lynton Place.
COMMENTS: This park serves as a gathering place for children who enjoy the play areas, court and grassed areas for unstructured play. Tot lot playground features swings, accessible play area and picnic tables. Opened the summer of 2019 a spectacular new playground for youth 5-12 years.

MITCHELL PLACE TOT LOT
LOCATION: This .13 acre playground is in the Core Area/ Central Business District across from the Community Center on Mitchell Place.
COMMENTS: This fenced playground was designed especially for young children ages PreK-5 years.
TURNURE PARK
LOCATION: This 4.05 acre park is located on a sloping site diagonally opposite Eastview School bordered by Main Street, Canfield Avenue and Lake Street.
COMMENTS: A picture perfect park in a densely populated area of the city, Turnure Park is a spectacle of beauty in the spring with over 100 Japanese Cherry Trees in bloom. This is the site of our annual Cherry Blossom festival.

DELFINO PARK
LOCATION: This 17.89 acre park is our largest multiuse park and is located at 110 Lake Street and is the location of Ebersole Ice rink.
COMMENTS: This beautiful flagship park offers many exciting recreational options. Each fall our large fields transform to a community camp ground for residents to experience the great outdoors overnight. Spring, summer and fall bring softball to Delfino Park. See Page 20 for Information on Tennis Facility and Platform Tennis Courts.

GARDELLA PARK
LOCATION: This 7.5 acre park is located in the Ferris Avenue and Church Street/Park Avenue neighborhoods with access from Ferris Avenue and from the parking lot of Church Street School.
COMMENTS: Gardella pool is a great way for residents to splash away the summer. Pool admission is by seasonal membership only. This park is the location of our competitive outdoor high school and adult basketball league. Permits are available for large group outings.

GILLIE PARK
LOCATION: This 11.24 acre park is located at the corner of Mamaroneck Avenue and Gedney Way.
COMMENTS: Registration for all Recreation programs is available in the Administration building which is also the location of all staff offices. Additionally, this busy park is known best for its outstanding tennis courts, softball fields and home to the White Plains Little League and the “Field of Dreams”. Pre-school programs are abundant in the Gillie Recreation room. See Page 20 for additional information on Tennis permits and Courts.

KITTRELL PARK
LOCATION: This 1.67 acre specialty park is located in Fisher Hill on a multi-level site at the intersection of Fisher Avenue and Irving Place.
COMMENTS: Kittrell pool renovated in 2015 features zero depth entry, lap lanes and expanded swim area. New Summer 2016 outdoor fitness center and accessible playground. Pool admission is by seasonal membership only. Guests $6 per visit.

BALDWIN FARM
LOCATION: This 18.5 acre Specialty Park is located in the Woodcrest Heights neighborhood on Hall Avenue.
COMMENTS: Baldwin Farm is devoted to the community gardens, which along with 40 garden plots located at the New York Hospital property off Bryant Avenue; provide residents who might not have their own land an opportunity to garden. Plots may be obtained by contacting the Recreation Administration Office at 914 422-1336.

BARK DOG PARK
LOCATION: This pet friendly park is located on the Main Street extension off of Brockway Place opposite the rear of Delfino Park.
COMMENTS: Resident dogs are welcome to run around and exercise at our Dog Park. Included is a water fountain, bag dispenser for cleaning up after dogs and waste receptacle. This park features an area exclusively for small or young dogs. All dogs are required to have a current license tag and vaccinations.
Annual fee for usage: $25 per residents dog $50 for non-resident Dog.
Permits available at White Plains Recreation and Parks with proof of current dog License.

BRYANT-MAMARONECK PARK
This 8.93 acre circular trail way park is located on the southeast corner of Bryant and Mamaroneck Avenue.
COMMENTS: The half mile rugged looped trail is perfect for hiking and exploring nature. Seasonal Story walks are presented in the park, for more info see p.7. You may enter and exit the park from Mamaroneck Avenue. Meter parking is available at the City owned Shapham Place lot across Mamaroneck Avenue.
JACK HARRINGTON GREENWAY
LOCATION: This 19 acre linear park trail portion begins at Gedney Way.
COMMENTS: The trail between Gedney Way and Ridgeway is 0.8 miles long. The trail from Ridgeway to the Scarsdale border is 0.5 miles long. The Greenway from Gedney Way south to the Scarsdale line is accessible from Gedney Way and Ridgeway. The Greenway provides a long path for individuals to enjoy walking in a natural setting in a protected area.

JACOB PURDY PARK
LOCATION: This 1.37 acre park is located on Park Avenue south of its intersection with Kirby Terrance.
COMMENTS: It is situated at the top of Purdy Hill on a part of the original 132 acre farm purchased by Jacob Purdy in 1730. In winter, the site commands an excellent view of White Plains and its surroundings to the south and west. The park was developed by the City of White Plains to accommodate the relocation of the historic Jacob Purdy House. The house is used for historical programming and as headquarters of the White Plains Historical Society.

LIBERTY PARK
LOCATION: This waterfront 2 acre park is located on Lake Street on the White Plains Harrison border.
COMMENTS: Residents can enjoy passive recreation, picnicking, hiking and fishing in the 22 acre Silver Lake. A peaceful environment tucked away from the busy downtown Liberty Park lends itself to quiet, contemplative relaxation. Named in honor of city residents who lost their lives on September 11, 2001, this is the site of our permanent monument.

RENAISSANCE PLAZA
LOCATION: This urban passive .36 acre park is located at the key downtown intersection of Mamaroneck Avenue and Main Street.
COMMENTS: The park features 3 large fountains with decorative lighting, music and water features, and seating on benches, surrounded by shade trees, ground cover and shrubs. Additionally, this landmark location is the site of numerous special events, concerts and ceremonies, most notably our New Year’s Eve Celebration.

RIDGEWAY NATURE TRAIL
LOCATION: This 0.6 mile long trail and the surrounding open space area abut Ridgeway School on Ridgeway. On the north it is bordered by a small dead end street, Seeger Drive.
COMMENTS: The park is utilized for educational purposes. It also serves as a community resource by providing a 0.5 walking trail to the Scarsdale border. There are several wooden bridges over wet areas.

TIBBITS PARK
LOCATION: This 4.52 acre park composed of seven large median traffic islands is located along North Broadway, running from approximately Lake Street south to Armory Place.
COMMENTS: Colorful annual and perennial plantings installed under the auspices of the White Plains Beautification Foundation grace this park. In spring this park blooms with cherry trees. Passive areas with benches are scattered throughout the park. Two display fountains, three commemorative statues, a gazebo and decorative clock also add to the beauty of these islands.
Registration Form  Phone: (914) 422-1336

City of White Plains, Recreation & Parks Department, 85 Gedney Way, White Plains NY 10605

Adult Last Name_________________________________________________ First Name ___________________________________

Address: ___________________________________________ Apt#: ______ City: _________________________ Zip: ___________

Phone# Day: ___________________ Cell: _________________ Eve: ______________________ e-mail:_______________________

Emergency Contact Name: _____________________________ Emergency#  Day: ____________ Cell: __________ Eve:___________

Release of Liability: In consideration of your acceptance of myself or that of my child/minor (in my legal custody) for participation in the activities/programs/use of facilities of the City of White Plains, I agree that I am aware of the inherent dangers and risk involved in these activities/programs including bodily injury, which may result from strenuous activity or other causes related to the activities/programs. I agree for myself and/or for my child/minor to release and hold harmless the City of White Plains its officials, officers, agents, employees and volunteers from any against any and all liability, damage or claim of any nature arising out of or in any way related to my participation or that of my child/minor in these activities/programs except those things caused by the sole negligence of the City. I understand that the City of White Plains does not provide accident or medical insurance and I am financially responsible for any and all medical expenses whatsoever that I or my child/minor may incur. I have read, understand and agree with the terms of this release.

Signature of Registrant or Parent/Guardian:_____________________________________ Date:___/___/___

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Total $

For Office Use Only

Program Fee: ____________________ Amount Paid: _________________________ Cash: __ Check #: ______

Credit Card: Master:_________________ Visa: ________________Am Ex: ______________ Received By: _______

White Plains Recreation & Parks

Park Amenities

Ball Fields
Basketball Courts
Boating
Picnic/Cooking/Grills
Skating
Meeting Rooms
Nature Trails
Outdoor Concerts/Events
Historic Site
Picnic Pavilion
Playgrounds
Restrooms
Swimming Pool
Tennis Courts
Track
Paddle Tennis

“Where to Go, What to Do, Way of Life!”
A Day of Remembrance

Tuesday, September 11, 8am Liberty Park.

This event pays homage to all who lost their lives. Flag raising, wreath laying and liturgical ceremony, September 11.

The City of White Plains will co-sponsor our annual American Red Cross Blood Drive on September 12, from 10:30am till 3:30pm @ City Hall, 255 Main Street.